



SPRING AHEAD TO A SLIMMER YOU

BY DARYN MAYER



Winter turns into spring, snow melts and time passes, but no matter how hard we try, we just can't seem to get rid of our stubborn fat, especially that fat around the belly. You know, the pudgy that won't budge, the waist you just can't whittle.

For those over 35, losing belly fat and maintaining a smooth, slim waistline can be very difficult, despite consistent exercise and diet.

Medical Advances

However, thanks to advances in modern technology and science, you can now banish belly fat and get rid of a bloated stomach regardless of your age.

According to internationally acclaimed,

Manhattan based, board certified dermatologist and aesthetic skin expert, Dr. Michele Green, "Saying good bye to belly fat can be easy with a 35-minute Coolsculpting procedure that is performed in my office," says the doctor.

Dr. Green continues, "Coolsculpting is a non-invasive procedure that utilizes a con-

trolled cooling technology that is cleared by the FDA to eliminate fat cells. You can lose up to 25 percent of body fat on your stomach and waistline without any surgery, discomfort, or downtime. I also use it to get rid of those stubborn bulges on the flanks, upper arms, inner/outer thighs and lower buttocks, all with no side effects. The results are proven and long-lasting."



BEFORE

AFTER TWO MONTHS

A SLIMMER YOU continued

Coolsculpting's effective technology has allowed the doctor, "to do wonders for her patients' bodies and their confidence," she says. "Unlike other treatments that target fat, Coolsculpting takes the least amount of time and treatments to see the maximum results. After just one treatment, my patients notice their clothes fit looser, which makes them feel better. My patients continue to see results for months at a time."

Green concludes by saying, "I have been using Coolsculpting on my patients for nearly 10 years. It's a great alternative to liposuction and a safe, effective way to gently remove the soft fat that lies just below the skin without intrusive surgery."

As a practicing dermatologist for 20 years, Dr. Green is able to determine who is a good candidate for the Coolsculpting procedure. Her technique is based on the anatomy of the body and skin structure, which gives her the ability to treat those areas that will respond to the Coolsculpting treatment most effectively. Treatments only take between 35 and 75 minutes, depending on the area being treated.

For continued at-home firming, toning, and slimming of the abdomen, the doctor recommends using a firming lotion sold at local pharmacies. She suggests choosing one that contains collagen, Vitamin C and elastin.



Nutrition

While it's hard to say goodbye to stubborn fat with diet alone, scientific studies show there are some foods that help to get rid of bloat and speed up your metabolism.

According to holistic nutritionist, Danielle Pashko, "Taking an Epsom salt bath once a week, or a few days before a big event, can help you to reduce bloat and detoxify. The salt helps to extract toxins and excess water that reside just under the skin." Pashko also says, "Eating a diet rich in leafy greens, fish, and chicken can have a slimming effect because of their high water content."



Pashko recommends stocking your fridge with foods like cucumbers, parsley, and celery. She advocates eating fruits such as pineapple and grapefruit before a meal to prevent fermentation and enhance digestion. She adds, "Adding a small serving of grains like quinoa that contains potassium and magnesium, can aid in getting rid of belly bloat."

To help boost your metabolism and aid digestion, Pashko advocates adding spices like garlic and cayenne to your food. Another tip she endorses is, after each meal, try drinking hot water with lemon, ginger, fennel, and/or dandelion root. "These elements help to burn fat and stimulate digestion," she says.

As a simple way to incorporate Pashko's food recommendations into your diet, Sous Chef Gabriel Pregigueiro of Manhattan's Le Pulperia restaurant has created this unique recipe exclusively for *Fashion Manuscript* readers.

Fish With Pepper and Pineapple Sauce (4 servings)

Ingredients for pepper sauce:

- 1 tbsp hot yellow pepper paste**
- 1 tbsp lemon juice**
- 2 tbsps passion fruit purée**

Mix all ingredients together in a bowl and set aside.

Ingredients for pineapple sauce:

- ½ pineapple blended**
- ½ cup of diced mango**
- 1 tsp chopped onion**
- 1 tbsp olive oil**
- 1 tsp chopped parsley**

Mix all ingredients together in a bowl and set aside.

Ingredients for fish

- 1 lb blue cobia or 1 lb mahi mahi, sliced**
- 1 tbsp olive oil**
- 1 tbsp lemon**
- ½ tsp sea salt**
- ½ tsp cayenne pepper (season to taste)**
- ½ hot-house cucumber peeled and thinly sliced**

Marinate the fish with oil, lemon and salt for half hour. On the outer part of a plate, spoon small portions of the pepper sauce throughout and place slices of cucumber, blood orange or grapefruit on top. Then place the fish in the middle and drizzle the pineapple sauce on top. Garnish with parsley and/or dandelion roots.

For more information about Dr. Green visit: www.michelegreenmd.com

For more information about Danielle Pashko visit: www.pashkowellness.com

For more information about Sous Chef Gabriel Pregigueiro of Manhattan's Le Pulperia visit: www.pulperianyc.com

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