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## BEAUTY FILE

### WIZARDRY OF OZ

Manhattan nutritionist Oz Garcia reveals his secrets.



Oz Garcia

**K**nown as the “Nutritionist to the Stars,”

Oz Garcia’s clients include Hilary Swank and Kimora Lee Simmons. With more than 25 years of nutritional experience, his enterprises range from his own line of supplements to self-help books, including

his third and most recent title, *Redesigning 50: The No-Plastic-Surgery Guide to 21st-Century Age Defiance*. The New York-based nutritionist’s journey into health and wellness began while he was a photographer looking for a non-prescriptive remedy for his severe migraines. His search led to a newfound love for diet and fitness, as well as a new career path. Twice-named *New York* magazine Best Nutritionist, Garcia continues to encourage people to embrace a healthier lifestyle. Here, he shares a few of his most valuable trade secrets.

—Ashley Torres

#### **What are the best things one can do to maintain ideal weight?**

Exercise, if possible every day. Get rid of all wheat products, bagels, cookies, pizza, pasta and all processed foods. Triple your fiber intake. Eat a high lean-protein diet with a lot of seafood. Incorporate lots of fruits and vegetables into your diet. Get at least eight hours of sleep. Learn to be a mindful eater.

#### **What steps should one take to detox?**

In the warm weather months, juice-fasting is a great way to detox. Add a scoop of Oz detox powder to your morning or afternoon shake. Avoid processed foods. Get outdoors more often. Saunas or steam baths are great at least once per week. Stay hydrated.

#### **How can one best fight stress in this economic climate?**

Discover running! Get lots of sleep, massages and acupuncture. Take supplements such as fish oil, rhodiola and orosine.

