

A Ferrari Body and Face

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Many people spend countless hours in the gym fine tuning their bodies. After cosmetic and skin care items, nutrients and vitamins are near the top of our shopping list for our disposable income. It is entirely appropriate that we should seek to keep our engine turned and running with efficiency and power. After all, the body cannot operate without the heart, lungs, liver and other organs. Suggestive of this is the comment frequently heard at funerals and viewings "she looks so natural".

Having expended the energy and money to keep your systems in top shape, isn't it appropriate to maintain your appearance also? Shouldn't you have a **Ferrari face and body** to go along with your high-powered engine? Although the face cannot be separated from the body and metabolism, sometimes we forget to put it all together.

Dr. Isadore Rosenfeld, on Fox News, has observed in his book *Live Now, Age Later*, "Even if you are full of vim, vigor, and vitality and never felt better in your life, the rest of the world considers you old if your face is wrinkled, the skin is loose around the neck, baggy under the eyes, and full of crow's feet and brown spots." Most of us do not feel our age—why should we look our age or older?

Great advances have been made in the field of anti-aging, in part because of the Genome Project, and other important scientific discoveries. It has been said that the body is programmed to live 120 years and, in fact, many people otherwise today will live to be older than 100. Our lifespan is increasing. In addition, after raising the children and retiring from our careers, we have many years of fruitful, enjoyable life ahead. A person can never fully achieve his or her potential unless they feel good about oneself, which includes looking good.

Other than feeling good about oneself, there are other reasons for looking good. In this competitive commercial world the younger generation is clambering to take our place. Many people feel as though their age is a liability in the career world, perhaps for some justification. That radiant smile of the youthful face goes a long way toward canceling our years. That tight and trim body enhances our special slacks revealing evidence of our youthful physique. Some are even mourning the loss of a loved one or the departure of a significant other. Anti-depressants cannot take the place of the boost our self-esteem gets from looking great.

Sometimes significant improvement in appearance can be made with relatively little recovery or even cost. The trend is toward less invasive procedures because of our lifestyle. Jump on board the trend and achieve a Ferrari face and body and race through life.