

YOUTHFUL  
BLISS  
GOLDEN  
STATE  
ANTI-AGING  
SECRETS



CALIFORNIA STYLE

**OUTRAGEOUS  
FORTUNES**  
SIZING UP  
CALIFORNIA'S  
WEALTHIEST  
LEGACIES

**CALISTA  
FLOCKHART**  
HITS MALIBU IN FALL'S FINEST

**SANTA MONICA  
SCOOP**  
THE INSIDER'S  
GUIDE TO SOCAL'S  
GOURMET MECCA

**INTERIOR MOTIVES**

SHIVA ROSE'S BRENTWOOD HACIENDA  
THE ULTIMATE RUSSIAN RIVER RETREAT  
SAN DIEGO'S RED-HOT ARCHITECT

OCTOBER 2008 \$4.99





## CHELLÁ PROFESSIONAL SKINCARE



**GOAL** The best skincare advances—nanoparticles, botanicals and amino acids—in one powerhouse serum.

**METHOD** Traditional Hyaluronic Acid particles are too large to penetrate the skin; Chellá Skin Firming Serum utilizes HA nanoparticles to ensure effective skin penetration and moisture retention for up to three days. Fortified with a Tri Amino Complex of Glycine, Proline and

Alanine nano-sized amino acids, the serum also includes a vitamin and antioxidant medley.

**RESULT** A plumper, better-hydrated complexion thanks to the one-two punch of collagen-boosting Tri Amino Complex and absorption-aiding Transcutol, which allows HA nanoparticles to penetrate more thoroughly.

\$100. [chella.com](http://chella.com).

## HER ENERGY DRINK

**GOAL** A health-drink for women's needs.

**METHOD** Slim, elegant, and decidedly pink, Hollywood-based HER (or "Health Energy Revitalizer") contains calcium, antioxidants, and ginseng with a sparkling pink lemonade flavor. Available in regular and sugar-free/carb-free.

**RESULT** A kick of gentle energy with less crashing, your daily dose of beautifying antioxidants, plus socially-conscious satisfaction—a portion of the proceeds from each sale are donated to battered women's shelters and breast cancer research.

\$45/24. [Target](http://Target.com); [herenergy.com](http://herenergy.com).

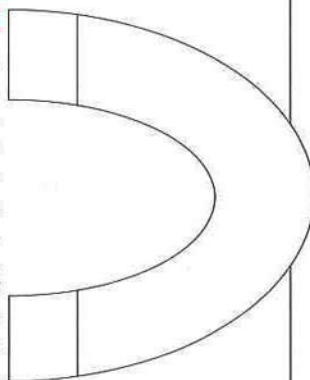
**"NATURE GIVES YOU THE FACE YOU HAVE AT TWENTY; IT IS UP TO YOU TO MERIT THE FACE YOU HAVE AT FIFTY."** —COCO CHANEL

## Q-LINK

**GOAL** Enhancing energy, improving life.

**METHOD** Billing itself as a personal energy system, the Q-Link Pendant—developed by Larkspur-based wellness company Clarus Transphase Scientific—uses Sympathetic Resonance Technology to resonate so-called life-supporting frequencies and balance the body's energy field.

**RESULT** Mental clarity, improved concentration, and reduced jet lag, stress and fatigue. Scores of PGA-tour golfers reportedly swear by its performance-enhancing powers. *From \$100 to \$1,000. 800-246-2765; [q-linkproducts.com](http://q-linkproducts.com).*



>> phase two, beneficial fruits such as berries can be slowly reintroduced.

As far as those "killer genes," Dr. Gundry's studies turned up some scary findings. In any ecosystem, there is only so much food to go around, thus humans are possessed of an innate calorie counter. "People who take in more than their fair share are a threat to everybody else. If we're exceeding that number of allotted calories, our genes say, 'Bye-bye, that's all you get.'" When these "killer genes" are activated, health issues begin in the form of high cholesterol and diabetes. "All of these are ways designed to slow us down and stop us in our tracks," he says.

Grains, quickly converted to sugar in the bloodstream, are also a culprit. Citing the turn-of-the-century inventions of cereal and refined grains, Dr. Gundry observes, "When ground-up grain products are introduced into a culture that has never seen them before, within 20 years, all the diseases of Western Civilization begin appearing."

Gundry's solutions for taking back your health are remarkably simple: a quarter-cup of raw nuts twice daily, halving the intake (or eliminating altogether) of artificial sweeteners, limiting dairy consumption and a glass or two of red wine daily.

Rather than mask health problems with medicinal quick fixes, Dr. Gundry advocates going back to basics to create solutions.

"Diabetes and high blood pressure are the warning light on our internal car dashboard. You don't put a piece of tape over the light; you have it serviced. We've been misled to think that health is something that comes in a pill bottle, but if you give your genes what they're looking for, they'll take care of you." *The Center For Restorative Health at the International Heart and Lung Institute, 555 E. Tachevah Dr., Palm Springs, 760-323-5553; [heartlunginstitute.com](http://heartlunginstitute.com).* ●



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