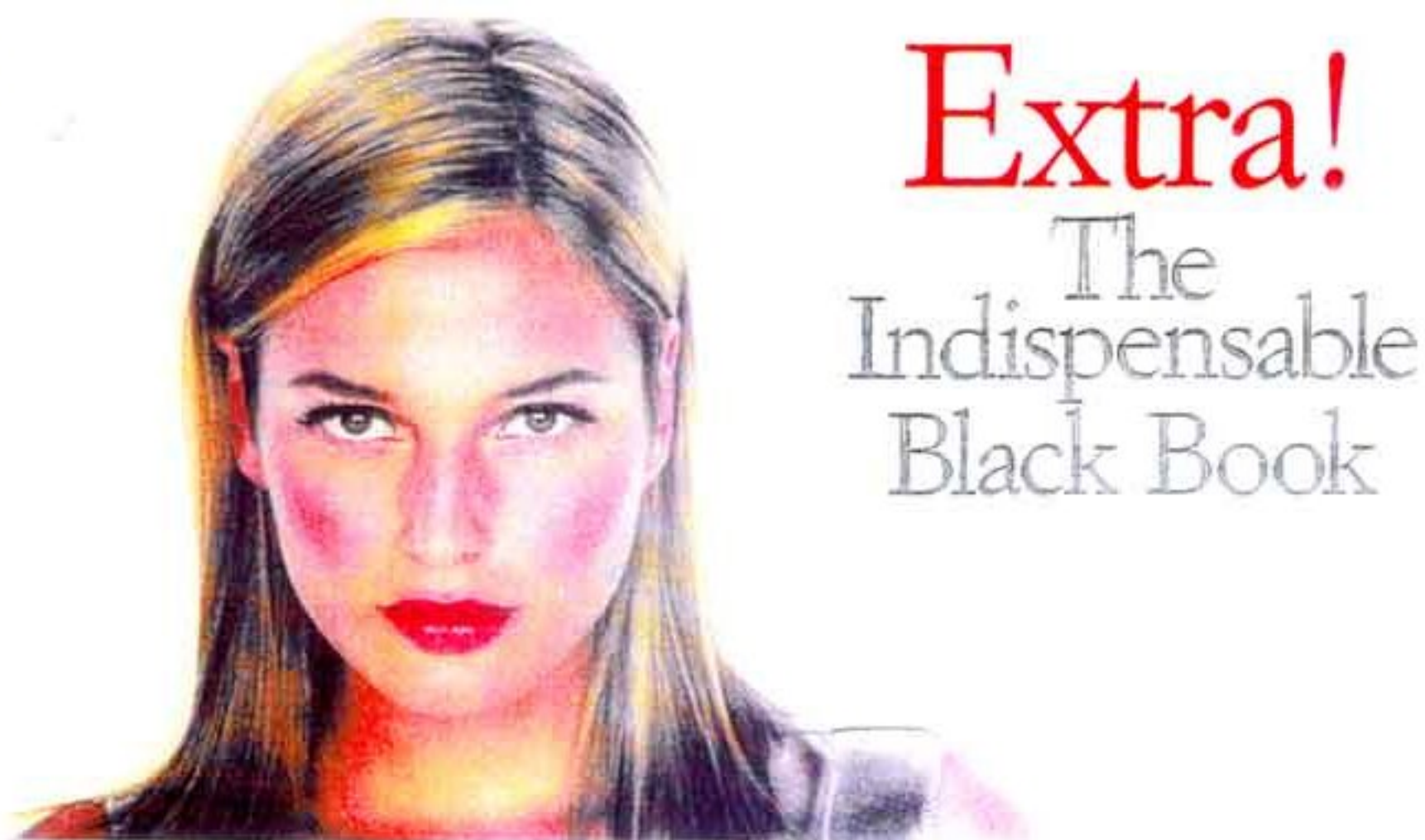


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Extra!

The Indispensable Black Book

nutritionists

TO LOSE WEIGHT, THEY ALL AGREE: CUT THOSE CARBS

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The fashion world's favorite

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He's not a plastic surgeon, but he's got the same got. But his motto is "less is more." He'll give you the years off you want.

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John Joseph MD

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dentists

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Los Angeles

310.859.1575

Mentored by Charles Pincus DDS (who invented laminates and worked on Elizabeth Taylor, Judy Garland and James Dean), Fugier has treated a few stars of his own—Ralph Fiennes, Jodie Foster and Faye Dunaway. His assistant will make travel arrangements for out-of-towners.

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Dr. Qi's prescription

herbalists

Lij Qi MD, at Sirene Wellness Center

1044 Madison Avenue, New York 212.737.3545

He's both a Chinese and American MD and uses pulse points to make his diagnosis. Prescriptions are in the form of acupuncture treatments, acupressure and Chinese tea. Some herbal recipes are over 3,000 years old.

Jim Blechman MD

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He's not taking any new clients, but if you're it doesn't hurt to try.

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