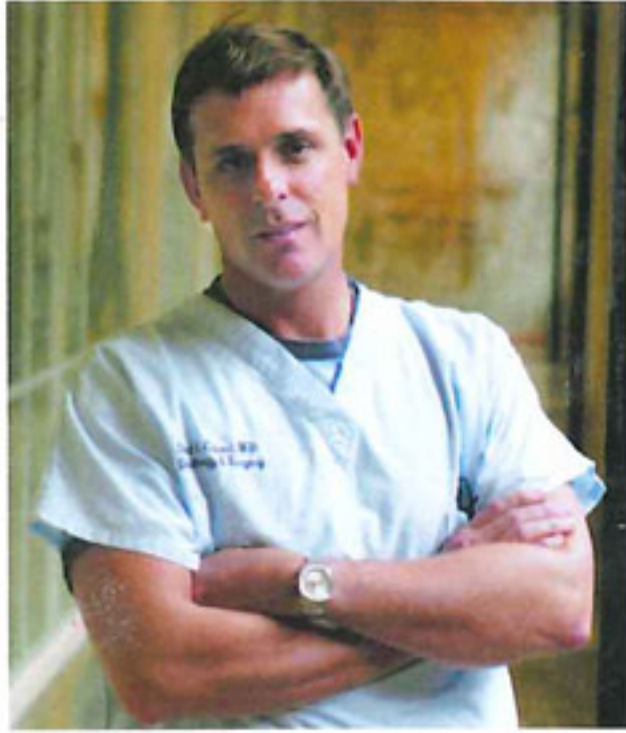


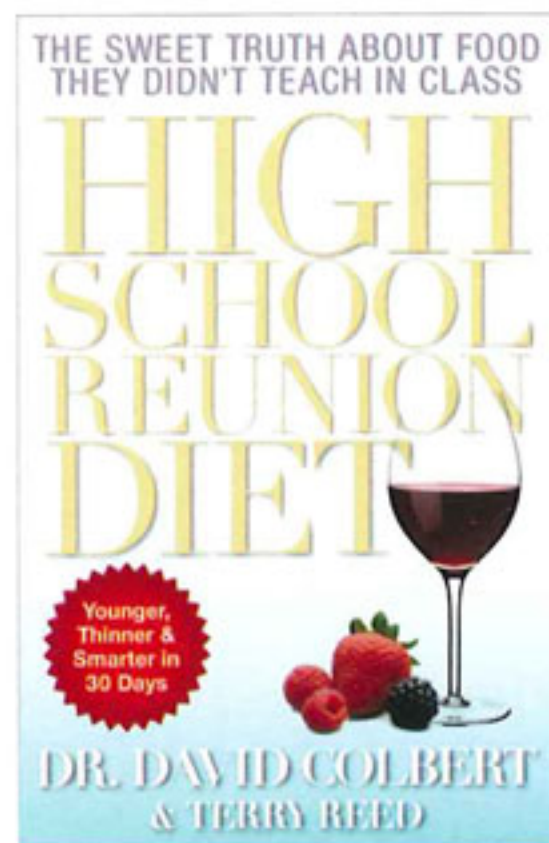
THE COLBERT SKIN REPORT



If this is the Colbert Skin Report, why are we talking about a book in August? Several reasons!

First of all, Dr. Colbert is both a dermatologist and an internist. And he is also a former ballet dancer. He knows a thing or two about the body — inside and out — and how what you put into your body affects your interior as well as your exterior.

Dr. Colbert's *High School Reunion Diet* (Simon and Schuster) is the insider's go-to guide for healthy weight loss and radiant skin. Yep, this is more than a diet book; it is a veritable map to looking and feeling better. If you drop a few pounds (and you will if you follow Dr. Colbert's plan) that's just an added bonus. Dr. Colbert shares his secrets about how to get dewy skin and a slimmer midsection. He educates you about how to get the most out of fresh foods and how to be a food detective to banish hidden sugars from your daily food intake. These are the little buggers that silently make it nearly impossible to lose those last few inches after age 35.



This book is a smart one-hour read even for the most diet-phobic person. It's playfully written in high school jargon and includes chapters such as "Orientation," "Field Trip," "Pass-Fail Fats," "Drug Test," and "The Sugar Addiction Cycle," and ends with a bevy of smart celeb recipes to get in red-carpet (or high school reunion) shape in just weeks.

Additionally, you'll learn in easy-to-understand terms what the glycemic index of a food is and how that magic number can make all the difference when you use it to your advantage.

In the words of Sienna Miller: "Dr. Colbert's astute focus on daily nutrition delivers a radiant look. I follow his direct, simple yet inspired advice." I sat down with the good doctor and asked him what his inspiration was for this book: "One day it occurred to me that there were a few things better than Botox and Restylane for really looking your best. Some of my most radiant clients gave me the clue: They were all eating true foods from farmers' markets and had long ago tossed out all processed foods and hidden sugars from their diets. That was it. Not only were they healthy and fit, but nature was offering up options that actually helped them look younger and more vibrant, starting at the cellular level."

The book features tips from Edie Falco, Amy Sedaris, *Vogue's* Tonne Goodman, and supermodel Adriana Lima, and it stresses that the best foods are going to come from farmers' markets. We need to think more like the Europeans and not expect to go to the grocery store to load up on things that will last a week or two. More frequent trips to a fresh-produce vendor will result in a fresher-looking you. After educating you about what constitutes "true foods," the book offers lists — a summary of the tastiest foods for clear skin and weight loss. The last chapter, "Eatery," is the culinary equivalent of a walk-through. There's one mouth-watering recipe after another. My three favorites are sautéed shrimp with asparagus and brown rice, the New York minute dinner salad (water-packed tuna, fresh tomatoes, bell peppers, olive oil, chick peas, salad greens, and fresh pepper), and pan-seared scallops in a balsamic reduction. And if you are on the go, "beauty in a blender" (blueberries, skim milk, Greek yogurt, and a dash of agave) is a quick pre-spun meal packed with energy and skin anti-oxidants.

I liked this quote from Molly Ringwald, who once defined high school for many of us: "Dr. Colbert is like your favorite high school teacher: very funny, a little sarcastic, and a lot subversive. By translating nutritional science into a language we can finally relate to, he gets inside your head and turns your thinking around. Your body will never be the same again, and years later, you'll probably still be thanking him for it."

Dr. Colbert also named his luxury skincare line "Daily Nutrition for Skin," based on the premise that our skin requires topical nutrients to look its best.

High School Reunion Diet and the doctor's skincare line are available online at colbertmd.com.