

# beauty



Don't jeopardize your health in pursuit of pearly whites.

## Tooth Whitener Alert

Popular tooth bleachers have a dark side. Learn how to protect yourself.

**L**ATELY IT SEEMS EVERY dentist and drugstore is pushing peroxide kits that promise you dazzling white teeth. These treatments, however, have an unexpected side effect. Alan B. Steiner, D.M.D., a holistic dentist in Denville, N.J., says peroxide treatments create free radicals, those

unstable molecules that attack your cells and promote aging and disease. He recommends using only the shortest peroxide treatment possible—no more than two weeks. And while you're bleaching, take a multiple antioxidant supplement to fight the extra free radicals.

—Julia Tolliver Maranan

### PRODUCT REVIEW

## Grow Strong, Shiny Nails

**THE PRODUCT:** Vivinal Nail Growth Accelerator & Strengtheners

**THE PROMISE:** This oil, made from the herb myrrh, promises improved nail growth in three weeks. Instructions call for massaging in the oil, 30 to 45 seconds per fingertip, before bedtime.

**OUR VERDICT:** Four out of six staffers who tested this product for three weeks reported positive effects, including stronger, shinier nails and fewer or no hangnails.

**TO BUY:** A ½-ounce bottle costs \$19.95; 800-318-3934 or [www.vivifyou.com](http://www.vivifyou.com).



## A KINDER, GENTLER PLASTIC SURGERY?

Face lifts and liposuction are getting a natural medicine makeover.

THERE IS NOTHING NATURAL ABOUT GOING UNDER THE KNIFE TO improve your looks. Nonetheless, for the past decade New York City-based plastic surgeon Farrokh Shafaie, M.D., has been offering patients a blend of surgery and natural medicine.



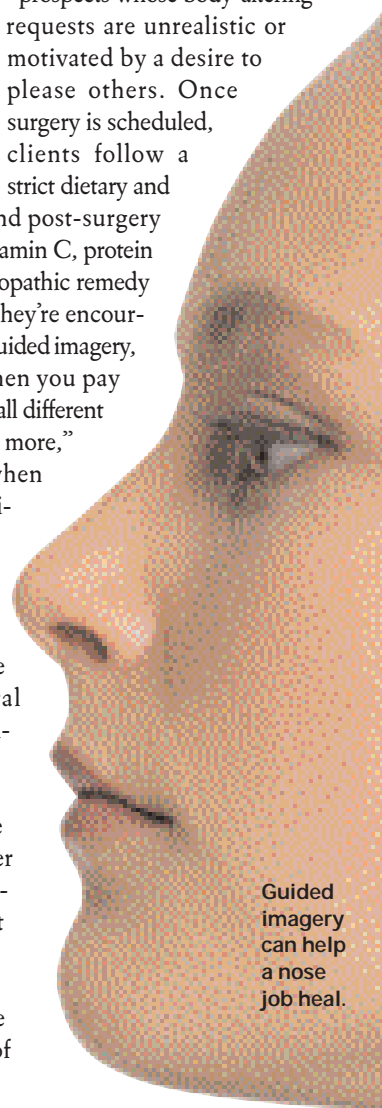
Farrokh Shafaie, M.D., hopes to add a dose of realism to plastic surgery.

Before Shafaie's patients undergo surgery, they have a "soul-searching session" with him to discuss their expectations and motivations. The surgeon says he's actually rejected prospects whose body-altering requests are unrealistic or motivated by a desire to please others. Once surgery is scheduled, clients follow a strict dietary and

herbal routine pre- and post-surgery that includes taking vitamin C, protein powder, and the homeopathic remedy *Arnica montana*, and they're encouraged to practice yoga, guided imagery, and meditation. "When you pay attention to patients in all different aspects, they trust you more," Shafaie says. "And when patients trust the physician, they heal better and have a better result."

As incongruous as it sounds to combine time-honored natural treatments with the artificial pursuit of beauty, this approach to plastic surgery appears to be catching on with other surgeons. "Holistic plastic surgery is a trend that is here to stay," says Laurie A. Casas, M.D., a spokeswoman for the American Society of Plastic Surgeons.

—Michelle Jost



Guided imagery can help a nose job heal.