

Factio Magazine

Summer 2008

The Park Avenue Diet

By Nora Silver

The smell of summer is in the air: beaches, sun, SPF, convertibles and oh, yes, diets. It's that time of year where the majority of the population cuts carbs and hits the gym in pursuit of the perfect summer body, which will in turn, naturally, brings them a perfect summer lifestyle. Yet this year, something is different.

There is another option, and it's making waves as the top way to get you to turn heads. Dr. Stuart Fischer's Park Avenue Diet is a book that doesn't just tell you what foods to cut to lose stomach fat, it is a complete lifestyle rejuvenation, featuring everything from diet to beauty to etiquette to transform its readers into Park Avenue royalty.



The six week program features seven top contributors: hair tips come from Joel Warren (of Warren Tricomi), makeup tips from Laura Gellar, conversation and social tips are complimentary of New York socialite Tinsley Mortimer, Dr. Stanley Krippner offers psychological advice, nutrition and dining etiquette is taught by Chef Marie-Annick Courtier, fitness tips come from celebrity trainer Bernadette Penotti and fashion advice is courtesy of Helene Hellsten.

This all-star line up is sure to get you in shape- physically, mentally and emotionally- all while being dressed to impress! The book will be available starting in June and retailing for \$25.95, but for now visit www.parkavediet.com to get started on your journey to becoming one of New York's finest today!