Men's ahf
AMERICAN HEALTH & FITNESS

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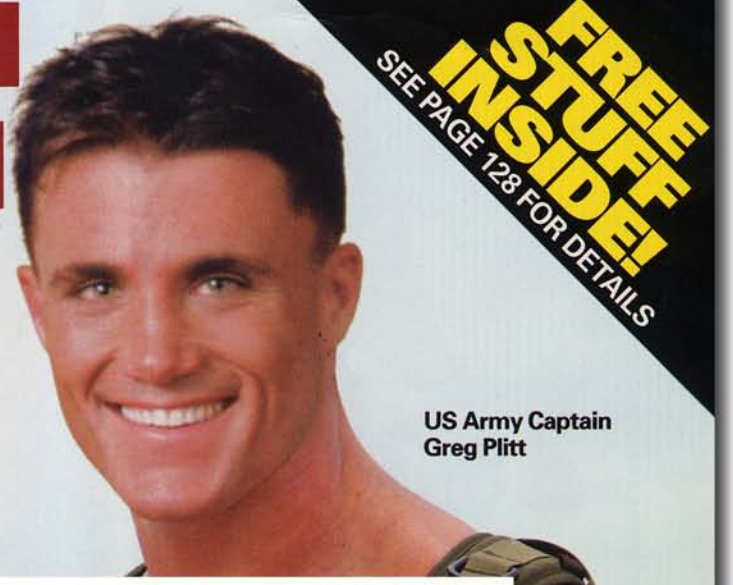

US Army Captain
Greg Plitt

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REMEDY REALM

compiled by troy karras

What should I eat?

How often should I train?

Should I go under the knife?

This issue, the experts take on your questions about heart-healthy diets, corporate cosmetic surgery, and overtraining.

Q My looks have been holding me back in my career. Time and again I've been passed over for promotions by men who were less qualified. Though I've been working out for years, I realize now that I have no chin, a turkey neck, and droopy eyes. What surgical procedures could help me improve my looks and hopefully lead to a well-deserved career advancement?

A An Ivy League education and an MBA will take today's executives only so far. Businessmen are often judged by their appearance, which ultimately affects earning potential and success. Cosmetic surgery can give you that extra competitive edge in the corporate world. And feeling good about the way you look affects the confidence and energy you exude.

A weak chin can detract from an impression of competence, so getting a chin implant can modify the profile and lend that more authoritative, aggressive look. Limited downtime is a major advantage of this procedure. The patient can simply book the surgical procedure before the weekend to be back at work early the following week.

Business execs turn to eyelid surgery (blepharoplasty) to look awake and energized in the boardroom. Removing excess fat, skin and muscle from the upper and lower eyelids can rejuvenate puffy, sagging or tired-looking eyes.

And to address your third issue, nothing detracts more from a lean and mean boardroom appearance than a turkey gobbler neck. Even relatively thin men can still be plagued by a double chin, as it can convey an appearance of sloth that can be extremely detrimental to climbing the corporate ladder. Enter chin liposuction. Once fat is suctioned from the chin area, those stubborn fat cells are banished forever.

*– Dr. Steve Fallek, **fallekplasticsurgery.com***

Q In my family, we have a history of men dying from heart disease before 60, (including my father, two uncles and my grandfather). I'm 44. Could you tell me what foods to eat and what to avoid, as well as any vitamins or supplements I should be taking?

"Plastic surgery can give you an edge."

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Stack Up?