



The first issue of Transform Magazine, as a new and straight-forward approach to Beauty, Health and Happiness, trying to give answers to frequently asked yet unanswered questions, has been a real success. Fifteen days after being launched there were no more magazines available at the distribution points (100), many people were reporting a real interest, emphasizing the quality and the “difference” of the information, so we had to take the decision to reprint 3,000 additional copies.

With the second issue we would like to do even better, 16 more pages, high quality paper, a larger circulation, more distribution points. We will still focus on our main interest, how to help as many people as possible to TRANSFORM their day to day life through the search for Beauty, Health and Happiness.

For some, it might seem at times to be rather superficial. So for those who divide life, and people, into categories of “superficial” and “profound”, I suggest they read the interesting article of Carlos Llorente. This musician, piano player, teacher and composer, who lives in the mountains of Ojen, has a positive view about this subject, that might help anyone to reconsider and maybe “transform” his own opinion.

When it comes to beauty, it is impossible to disregard the seductive power of the female breast. Here again, as a plastic surgeon, I try to see it firstly from a philosophical and psychological point of view. Then from the technical aspect.

One of the most important health items that concerns Western men is the quality of their blood and their blood circulation. Two major aspects are highlighted: sexual potency and heart diseases. The first is related to the quality of life, the second to longevity.

I hope you will enjoy reading those pages, during the precious, tiny amount of spare time that you have free in this modern life style. You will find an extensive, objective and critical overview of the ZONE diet (part 1.), why beauty and perfection don't always go hand in hand, how to prevent heart diseases through Ozone therapy and chelation therapy (part 1.) , a fascinating visit to Marrakesh, the pearl of Morocco, etc...

But we must remember that scientific research into longevity has demonstrated that intellectual efforts are just as important as the physical ones. The brain is like a muscle, it must be trained again and again. Reading a technical text from time to time is a way to exercise it and prevent degenerative aging.

Have a nice trip...

P. Albrecht