



“It is like a magician giving away its tricks”

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The new TRANSFORM is ready. It takes sometimes a bit longer than two months to achieve this informative magazine. It is mainly because the team has a lot of work. All writers are not journalists, but rather renowned specialists in their medical or surgical fields. Writing is not their job; they do it during their spare time. Just because they believe in their art, they have a passion for it, and they like to share it with you. We are so happy that you can feel it and like it. I have been told by one reader talking about previous issues “It is like a magician giving away its tricks”. Nice reward!!

HANDSOME:

When it comes to surgical rejuvenation, many techniques are available, and many surgeons know how to perform them. After years of research and clever discussions and debate, the Plastic Surgery community has now agreed: looking for natural results is the new trend. It is not a matter of techniques anymore but of better understanding the ageing process. I have just published in the Aesthetic Surgery Journal my view about facial sagging skin. For me, gravity is not the problem, but the skin elasticity loss is. Gravity can apply only when the skin loses its elastic characteristics. Movement creates wrinkles, not weight. A bald head has only lines where it moves. This leads to new rejuvenation strategies. The Temporal lift is one of them.

Breast is one of the most feminine assets. Sometimes too small, but also sometimes too big, they can lead to a lower self esteem of simply to discomfort. Breast reduction as well as breast augmentation is one of the most performed breast surgeries in the world.

HEALTHY:

Diet is surely the basis of good health. Hippocrates already taught about it, Chinese medicine made a great science of it, so did Egyptians and Hebrews. It took modern medicine more than a century to get back to that obvious principle. In this issue I give a quick overview of its history.

Fantastic advances are made in the Orthopaedic surgery field. Dr Allan Larsen gives us a taste of new hopes for all kinds of bone injuries and degenerative problems.

HAPPY:

When it comes to making life beautiful, we naturally think of nature and art. Nature is like an endless field of perfect creation, an overwhelming source of joy and happiness. Art in general, music, poetry, painting, dance, sculpture, architecture and cinema express human feelings, whatever beautiful or dark, towards our life in nature, whether wild or civilized.

Naive-realistic painting is one of the forms of art closest to nature. Genevieve Wendelin will expose its Naive- realistic paintings in Magna Cafe Marbella. It is worth spending some time to enjoy them.