

## **Q&A**

### **Why did you write this book?**

My life and this book is a response to my journey and karma. Every human being has his journey, and this is mine. Coming from very humble backgrounds and succeeding in America, hasn't been all bright. I've had my own self-discovery work to do, and I finally feel at a place of peace. Several years ago, when I finally fulfilled my dream of becoming a cosmetic doctor, I felt sad and didn't understand why. It was at that moment that I realized that I had become conditioned to only identify people's imperfections. I had stopped seeing the beauty in people and I realized I needed to change that switch in my brain in order to see that there is indeed, beauty in everything.

### **Why don't people want to age?**

I think it's a result of our obsession with youth in Western culture. But it's also because medicine has advanced swiftly in recent decades, and we just can't keep up. We are living longer and we want our appearances to match. Not only do we want to have longevity; we want to feel great and look great too. Our worries about youth aren't new: the ancient quest to locate healing waters of the legendary Fountain of Youth was pursued for more than a 1,000 years by notable explorers like Ponce de Leon. Wanting to be youthful is a sign of not letting go of time and not accepting the new chapters each decade brings to life. Each year is different and should be enjoyed accordingly. It's a part of life.

### **What questions do you most get asked by your patients?**

9 out of 10 people want to know what products or techniques is the perfect anti-aging solution.

### **And, what do you say to that?**

The best anti-aging advice I could give is to look within. Since external beauty fades and youth comes with an expiration date, it's important to understand that beauty is ageless, youth is a state of mind... and love and kindness are the real elixirs of eternal youth. It is our perception of a situation, which causes us to age, or blossom.

### **What mantras do you live by?**

I make it a point to be kind to myself. I've learned to reduce stress (which used to dominate my life) by practicing self-acceptance and staying positive. I try to let go of resentments and build relationships instead... where you give love and affection, you will receive the same thing back.

### **How do you practice self-love?**

I listen to myself and meditate every morning to harness this skill. I am specifically interested in Kabbalah, Tao, and Osho practices.

### **What advice can you give young girls today that are bombarded with bad TV and fake role models?**

To be true to themselves and follow the calling they carry within. It's hard to pay attention to the voice within when so many distractions are around us, but it's the only way to survive in such a noisy world. Find the peace, and find the quiet. That is where true beauty lies, and only you can find the answer to your questions.