

Star Magic arrives in LA



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Biologica Launches Zerona Laser

PERHAPS you want to tighten your post-pregnancy tummy. Or your "love-handles" aren't so lovely. When you've tried diet and exercise but still have fat and inches that you can't lose, you may want to take a look at a new, completely non-surgical treatment called Zerona. It's safe, proven fat reduction procedure. And best of all, there are no needles, no incisions, and no recovery time needed.

What is Zerona?

A new and proven slimming procedure designed to reduce fat and contour the body without invasive surgery. The treatment plan calls for six quick and painless treatments. You simply lie under the Zerona slimming device for 20 minutes on your front and 20 minutes on your back. And unlike traditional liposuction, Zerona allows you to continue your daily activities without interruption. Clinical trials confirmed the effects that the Zerona laser therapy had on adipose tissue (fat storing cells). It demonstrated that a small pore was created in the protective membrane of the fat cell enabling

the fatty matter to seep out of the cell. The excess fat was then passed out of the body during its normal course of detoxification.

How is it different than liposuction?

Liposuction is an invasive procedure that removes the entire area of fat cells from deposits beneath the skin using a hollow stainless steel tube (called a cannula) with the assistance of a powerful vacuum. Liposuction can be accomplished either with the use of general anesthesia, or with IV sedation, or totally by local anesthesia. In contrast, the Zerona treatment is a 100% non-invasive that uses a low level laser applied externally to stimulate the fat cell and emulsify and release fat. There is no use of anesthesia, nor any pain, gels, creams, numbing agents, needles and no downtime.

Is there any downtime?

Absolutely zero downtime. During the treatment you will feel no discomfort, no anesthesia will be used and you can assume normal activities immediately following each treatment.

What results can be expected?

By following the Zerona treatment plan a patient can drop 2 to 7 pant or dress sizes in two weeks. Results will vary, however studies have shown patients losing 3 to 9 inches and reduce stubborn fat from the Tummy, Back, Hips, Thighs, Buttocks, Love handles, Chin and neck or Arms.

From liposuction to medical weight loss, there are several options for getting fit. Zerona is a stand-alone treatment, but it can also be combined with other body sculpting techniques such as Smartlipo or Medically Supervised Weight Loss. Maintaining results will involve eating a balanced diet and keeping up with a consistent exercise schedule.

Biologica is holding a free body sculpting information seminar on Thursday July 2, 2009 at 6pm featuring Zerona. The event will include Hors d'oeuvres and refreshments, gifts and giveaways. Call 626 564 0300 to request a complimentary consultation or RSVP. Seating is limited. Visit www.mybiologica.com to learn more.

(Advertising Supplement)

From Beverly Hills to Manila

IN January 2006, Philippine President Gloria Arroyo formally launched a Medical Tourism campaign to promote the Philippines as "islands of wellness."

With improvements in health-care infrastructure, technology and trained professional staff in many Asian countries coupled with the soaring cost of health care. The lure of combining affordable, high-quality medical care with attentive room service and a vacation get-away has now become an attractive proposition for packing a suitcase and boarding a plane to the East.

For the Philippines, as has been the experience in other countries, the field in medicine which holds the brightest prospect for medical tourism success would be "aesthetics"—including cosmetic surgery, aesthetic dermatology and cosmetic dentistry. At the forefront of this thrust in the Philippines is a medical group and facility called Beverly Hills 6750 Multi-Specialty Aesthetic Institute (a registered brand of Beverly Hills CSSI Corporation).

"This [Beverly Hills 6750] is a premiere center dedicated to excellence in aesthetic plastic surgery, aesthetic dermatology,

cosmetic dentistry, cosmetic gynecology, medically-supervised weight loss programs and weight loss surgery (bariatric) and state-of-the-art treatment of varicose veins," Dr. Eduardo Santos, Managing Director of Beverly Hills 6750 said.

The plastic surgeons at BH 6750, while capable of doing a wide range of cosmetic surgery, have become known for their innovation in certain procedures.

When we speak of high technology in this business, we think of lasers and other energy producing machines that provide bloodless and relatively pain-free treatments. BH 6750 is promoting "The Ultimate Face Tightening Procedure". This is a combination of Thermage treatment, followed 2 weeks later by Syneron E-Max's ST-Reforme (radio-frequency with diode laser technology) skin tightening protocol. This combination of two technologies, has shown superior results compared to when the treatments are done individually, resulting in a non-surgical facelift.

Among the other hot offerings of Beverly Hills 6750 are: 1) the Fraxel Re:Store Laser (Reliant) procedure for skin re-surfacing—

a safe, time-efficient procedure used for uneven pigmentation, melasma, age and sun spots, skin re-surfacing and wrinkle reduction, acne scars and striae; 2) the Comet Laser (Syneron) for hair reduction—using elos technology, the combination of radio-frequency and diode laser in the Comet Laser (Syneron) provides optimal hair reduction of all hair colors on all skin types, including tanned skin; 3) the Hydroxygen Jet Peel Facial Rejuvenation wherein a stream of pure oxygen in a continuous supersonic flow delivery with simultaneous delivery of high velocity micro-droplets of saline solution that contains Vitamin C and proprietary serum is used, resulting in skin exfoliation moisturization and an overall radiant skin.

Gynesthetics Laser Vaginal Rejuvenation (LVR®) is a one-hour outpatient surgical procedure that effectively decreases the internal and external vaginal diameters as well as builds up and strengthens the perineal body. The procedure is designed to enhance sexual gratification by effectively enhancing vaginal muscle tone, strength, and control. Other variations to this procedure may include a labioplasty or even a hymenoplasty.

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At Home Abo Sa'yo!

Top Chef at Seafood City Cooking Classes

Seafood City recently launched a series of cooking classes at Seafood City North Hills. The program, called SEAFOOD CITY HOME COOKING CLASS is designed to help the busy mom come up with easy-to-prepare, delicious meals on a tight budget.



The great thing about these classes is that it features top-caliber chef Cecilia de Castro.

Chef de Castro has collaborated with world renowned Wolfgang Puck and is the founder of the Academy of Culinary Education.

At the cooking class in North Hills, the chef demonstrated how to create some really refreshing treats perfect for the summer such as salads, appetizers and other delicious dishes. Chef de Castro also shared some very helpful tips with the audience as she prepared dish after delicious dish!

Learn some really great cooking & baking tips at the HOME COOKING CLASS. Classes are held every Saturday at Seafood City North Hills, 10 a.m. For a limited time, participation is free of charge. All you need to do is present a receipt and you can join the class! Sign up at: www.seafoodcity.com

Here are some of Chef de Castro's delightful recipes!

Asian Chicken Salad

Serves 4.

- 8 ounces grilled chicken breast
- 6 ounces salad mesclun or mixed baby lettuces or your choice of lettuce
- 1 ounce carrots, julienne
- 2 green onions, julienne
- ½ bunch cilantro, trimmed, optional
- ½ cup grape or pear tomato, cut in half
- 1 cup Mandarin orange segments, supreme
- Salt & freshly ground black pepper
- 1 cup julienned wonton, fried

Sesame Dressing:

- 1 ounce Pamana Cane or Palm vinegar
- 1 tablespoon calamansi juice
- 1 tablespoon Pamana soy sauce
- ¼ cup Pamana vegetable oil
- ¼ cup sesame oil
- Salt & freshly ground black pepper, to taste
- ½ teaspoon toasted sesame seeds

Cut the grilled or roasted chicken into bite size pieces.

In a bowl, prepare the Sesame Dressing. Add the salad greens, carrots, green onions, cilantro, tomato halves and mandarin oranges.

Toss until well blended. Transfer to a platter or 4 salad plates. Top with the chicken pieces and fried wonton sticks. Serve immediately.



Ginataang Laman ng Dagat at Lupa

(Seafood & Vegetables in Coconut Sauce)
Serves 6 to 8.

Today, one can buy excellent quality canned coconut milk to make any Ginataan (cooked in coconut milk). You can also prepare this dish without any of the seafood... In fact, my vegetarian friends always request a version of this dish.

- 1 tablespoon Pamana cooking oil
- 1-inch fresh ginger, peeled, julienned
- 1 small onion, peeled, thinly sliced
- 2 cups Pamana coconut milk
- 2-4 chilies, split in half
- ½ pound kalabasa (Asian squash or Kabocha), core and seeds removed, cut into cubes
- 4 ounces sitaw (Asian long green beans), cut into 2-inch pieces
- 4 ounces shrimp, peeled and deveined
- 4 ounces calamari, trimmed, cut into rings or strips
- 4 ounces crab meat
- Pamana Patis (fish sauce), to taste (optional)
- Salt and freshly ground black pepper, to taste

1. In a wok or large saute pan, heat the oil. Over medium heat, saute the ginger and onion until aromatic, about 1-2 minutes.
2. Add the coconut milk and bring to a boil. Add the chilies, kalabasa, and sitaw. Cover and allow to simmer in the coconut milk until al dente, about 4-5 minutes. Remove the cover.
3. Season the seafood mixture with patis, salt and pepper. Add to the simmering mixture, and cook just until the shrimp change color. Serve with a bowl of steamed rice.

Chicken Roll Sliders

Serves 4

- 1 chicken roll or pork roll
- 8 mini pan de sal (rolls)
- Mayonnaise, optional
- Banana ketchup
- 8 pieces of curly green lettuce
- 8 slices of plum tomato
- Salt & freshly ground black pepper, to taste

Preheat grill. Slice the frozen chicken roll into 8 equal slices. Cook the sliced chicken rolls and grill for 2 to 3 minutes or until grill marks appear. Turn and cook until done (minimum internal temperature of 165 degrees F). transfer to a platter and allow to cool for 1-2 minutes. Meanwhile, prepare the sandwiches. Slice the pan de sal in half crosswise. If you like, spread mayonnaise on the bottom half of the bread. Top with a slice of warm grilled chicken roll, top with a whisper of banana ketchup, lettuce and slice of tomato. Secure with a cocktail pick. Repeat the process to the remaining ingredients. Transfer to a platter and serve with fried kamote (sweet potato) chips and a cold drink!

