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FOR IMMEDIATE RELEASE

LOCAL HEALTHCARE EXPERT SHARES KEYS TO HEALTHY AGING IN BEST-SELLING BOOK

(Campbell, CA) May 8, 2008 – Would you like to learn how to look *and* live well - at any age? Dr. Arlene Noodleman, medical director of Complementary Medicine at Age Defy Dermatology & Wellness™ of Silicon Valley and Pebble Beach and an expert in stress reduction and lifestyle behavioral change, is here to help. Dr. Noodleman's integrative, healing-oriented approach to aging helps patients delay the onset of chronic health problems for as long as possible. Her expert advice can now be found in the bestselling book *Gracefully - Looking and Being Your Best at Any Age*, published by McGraw Hill.

Authored by Valerie Ramsey, *Gracefully* tells the inspiring story of how Ramsey, 68, mother of six, grandmother of eight and cancer survivor, became a corporate executive in her fifties and famous fashion model in her sixties. In her book, Val shares the secrets behind her timeless look and unstoppable spirit – including her and Dr. Noodleman's approach to healthy aging by making changes to delay the onset of the decline that comes with time to achieve a balanced, healthier life.

"While aging is inevitable," Dr. Noodleman explains, "the development of age-related disease is not. We *can* age gracefully, through choices and behaviors that promote health in all its dimensions. The goal is to reach old age through a flexible, balanced approach that postpones the onset of decline and morbidity for as long as possible."

Book-Signing Event!

Meet Dr. Arlene Noodleman and Valerie Ramsey at a *Gracefully* Book Signing Event Tuesday, May 20th from 3:00-4:30 at Age Defy Dermatology & Wellness™, 3803 S. Bascom Avenue in Campbell. Dr. Noodleman and Ramsey will share how to enhance health, appearance and well-being to help you *Look and Live Well*. RSVP to 877-AGE-DEFY.

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About Age Defy Dermatology & Wellness™ and Arlene Noodleman, M.D., M.P.H.

Age Defy Dermatology And Wellness™, located in Silicon Valley & Pebble Beach, is Northern California's premier cosmetic dermatology and complementary medicine center. Medical Directors Drs. Rick and Arlene Noodleman offer an integrated approach to healthy aging, ranging from cosmetic surgery to integrative medicine. All are designed to help patients *Look and Live Well*. The Drs. Noodleman created and launched the Revercel® skin care and nutraceutical product line in 2000 for patients to enhance and maintain their results at home.

Dr. Arlene Noodleman is a board-certified preventive medicine physician who has been in senior management at several Bay Area bio-pharmaceutical companies. In addition to her role as Medical Director of Complementary Medicine, Dr. Noodleman is CEO of both Age Defy Dermatology & Wellness™ and Revercel LLC. She holds B.S. and M.D. degrees from the University of Minnesota, a Master's degree in Public Health (M.P.H.) from the University of California-Berkeley and also served a fellowship at Duke University Medical Center. To learn more, visit www.agedefy.com, www.revercel.com or call 877-AGE-DEFY.

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