

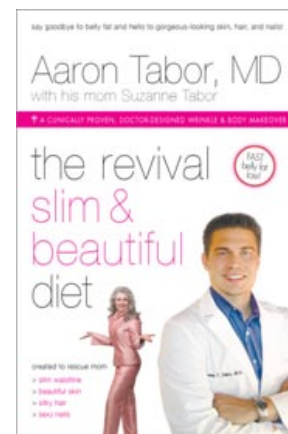


New York's Upper East Side Megasite

by Carrie Gross

What are the beauty secrets of the Upper East Side? That question was answered last Tuesday night when Dr. Aaron Tabor introduced his new book and diet plan, the Revival Diet, at Bruno Jamais.

Bruno Jamais was packed as throngs of media and VIP guests clamored to hear about the latest trend in dieting as Dr. Tabor launched his findings in a new book titled "The Revival Slim and Beautiful Diet". Promising to be a solution to America's growing waistline, The Revival Diet offers hope via a complete makeover from the inside out. With soy protein shakes, vitamins, a full diet plan and tasty bars with fun names such as "Double Chocolate" Catwalk bar – Dr. Tabor offers a complete plan of wellness for the body and mind.



Dr. Tabor's Book

Dr. Tabor, a trained MD and graduate of The John Hopkins Medical School came to the rescue of his mother, Suzanne Tabor. Mrs. Tabor was battling menopause and the symptoms which unfortunately come with it – hot flashes, low energy, weight gain, brittle nails and less than shiny hair. Feeling it was his duty as a son and as a doctor, Dr. Tabor began a seven-year journey of research and clinical trials to develop a patented plan that has helped not only his mother, but other men and women lose an average



Steve Georghakis, President & CEO of Uppereast.com, and Lisa Wilson, 2006 Miss Georgia

of 26-29lbs in a 16-week study. We got to meet Mr. and Mrs. Tabor at Bruno Jamais to see for ourselves, just how fabulous the Revival Diet truly is. Mrs. Tabor, referred to lovingly as Dr. Mom, now close to 60 years old, looks marvelous with a trim waist and cascading thick, shiny silver hair which bounces with the life of a Pert commercial. "I am the proof," she offers as she proudly strolls the room touting her son's great works. No one could argue with this radiating beauty.

So how does the diet work?

In Dr. Tabor's book – The Revival Slim and Beautiful Diet addresses many of the issues which plague dieters: gelatinous belly fat, dull hair and skin, appearance of lines and wrinkles, healthy levels of cholesterol and blood sugar, hormonal balance and

energy level dips. There is no magic bullet pill which cures all of these ailments, but Dr. Tabor worked tirelessly to engineer an easy-to-follow plan to battle these growing problems. At 1200 calories per day, Dr. Tabor's combination of soy protein shakes, meal replacement bars and pre-packaged entrees make it simple for even the busiest bee to follow.

"I just grabbed a bar and ran out the door in the morning. It was that easy," said Dr. Tabor's friend and former Miss. Georgia beauty queen, Lisa Wilson. Dr. Tabor does all of the thinking for you – balancing carbs, proteins and vitamins to ensure that you receive the correct amount of each in the shakes, bars and meals.

We were treated to samplings of Dr. Tabor's tasty bars. Not quite as intoxicating as a Snicker's bar, these meal replacement bars were not chalky nor did they overpower with a vitamin taste that is all too common in the world of diet bars. Chewy and tasty, these oversized bars were dessert after I gorged myself of the passed plates of ambrosia for which Bruno Jamais is famous.



*Dr. Aaron Tabor and mother,
Suzanne Tabor*

Ok, so I wasn't following the diet plan to the letter, but how could I with mini crab cakes floating around the room?

Willpower! Dr. Tabor doesn't discredit good old willpower, but he does make it easier to abide by dietary restrictions. Throughout the book, he offers coaching tips to keep your mind in the game and "Bright Bites" words of wisdom from his mother and co-author. Many slices of advice are things you may have already known: drinking water religiously throughout the day may help to increase your weight loss. But Dr. Tabor also provides information and insight, simple steps you can take to help increase the power of the plan.

No diet is easy as pie – that's cause you gotta give up the pie! Dr. Tabor's laborious journey to devise not only a healthy, but a tasty diet plan is evident. It's bikini season! Whether it is Central Park, the Hamptons or St. Tropez, squeezing into your little polka-dot bikini after a winter of gluttony is daunting. So now, with Memorial Day behind us, there is just enough time between now and July 4th to let Dr. Tabor's Revival Diet revive that skimpy little string bikini which is hiding in the back of your closet.

For more information, testimonials and to purchase product, please check out Dr. Tabor's website at: www.revivaldiet.com

For more information on this event, please visit www.kmrpr.com