



Beauty is largely linked to a holistic lifestyle change. What do you recommend to your patients when it comes to adopting this lifestyle?

We recommend the Pro-G-Diet, a holistic scientific diet method that can change your life. The philosophy behind this diet is that diseases that affect most people are not only related to their diet, but rather with their lifestyle. By taking into account all the scientific developments, both in the science of nutrition and exercise, and the science of psychology, we created a new lifestyle change model. The Pro-G-Diet combines nutrition of low Glycemic Index with adequate protein intake all while supplying the body with the necessary nutrients for optimal metabolic function. One of the main goals of a nutritional intervention in the form of the Pro-G program, is the adequate intake of powerful antioxidants, such as lycopene, vitamins E, C and A, selenium, anthocyanins, curcumin, catechins and other polyphenols. Besides antioxidants, this way of eating will supply you with nutrients that contribute to the elimination of toxins such as heavy metals or air pollutants. As part of the Pro-G-Diet, you will be introduced to many traditional recipes from the Mediterranean cuisine - the healthiest cuisine in the world perhaps.

You have also further developed an on line diet platform. Could you enlighten us on how it works?

Seeing as modern people have limited time or are constantly traveling and unable to visit a nutritionist regularly, Symmetria, in collaboration with a team of doctors, nutritionists and beauty specialists, created the innovative online platform www.dietisnotforme.com, which helps those interested in leading a more balanced lifestyle. The platform is based on the highly successful Pro-G-Diet program. Anyone interested may speak directly to a nutritionist via Skype. Then, the appointed nutritionist will implement a personal nutrition program with the scientific guidance of the Symmetria team.

Dr Nikolaos Metaxotos, MD, PhD, founder of the prestigious Symmetria Medical Center in Athens, Greece, talks to us about the latest beauty trends and what triggered the expansion of his practice into a globally recognized and accepted brand.

Dr Nikolaos Metaxotos MD, PhD is a leading specialist plastic surgeon, offering minimum intervention cosmetic procedures that enhance the ageing face. He studied