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## EDITORIAL BY DR. PIER ALBRECHT



I have been asked last week on a television set :  
“What plastic aesthetic surgery has to do with love?”.  
My answer was “everything”. In fact, it is one of the  
reasons why we created “TRANSFORM magazine”. Because along my  
years of practice I found out that what guides our lives is the seek for  
happiness, every step we make is like another testimony of our hope to  
find it, but we so often miss it. Just because we look for it outside of us,  
in the world. Doing so, we never can catch it, or only for little moments.

If we look deeper and try to think happiness, we immediatly find that  
there is no happiness without love. I can say that I am everyday in touch  
with it, through the need of my patients to improve or rejuvenate there  
image. They want to look better in order to restore there self esteem, in  
other words, to love themselves better. They also want to seduce, more  
or again, and at the end of the day, they just want to be loved. For those  
whose condition allows it, TRANSFORM 8 presents a new long lasting,  
non surgical way to rejuvenate ten years and more in one go, without  
surgery, it is the EXOMASK.

The smile is, after the look, the most important way to communicate. It  
should be true, not only with the mouth, but also with the eyes.  
A bright shinny smile is gift we do to others in to ourselves. Dr.Budzynski  
tells us the difference between crowns and veneers.  
On another hand it is also difficult to be happy without being healthy.  
It starts with a good diet.

From TRANSFORM 1, I have given a resume a the few diets that I have  
studied during the last twenty years, to try to understand what was the  
best way to keep in good shape. Diet is the basis of health, but it has  
to be taken with an open mind, it cannot become a religion and another  
reason to preach for every body to do “your diet”, when you think you  
have found the right one for yourself. It is just a tool, not a goal.

After years of use, or missuse, of our body, some pieces fall apart and  
might be repaired. Life is movement.It is difficult to have a happy life  
witout beeing able to go from on place to another without pain. Joints  
are key elements of our bodies, and knees are of the utmost importance.  
A few weeks ago, Dr. Larsen has performed in Marbella Clinic the first  
knee surgery using cartilage stem cells. An impressive breakthrough in  
outatient knee repairs orthopaedic treatment.

Bali will be our trip in this issue, a magic place with a touch of wildeness  
like all the ones we like to focus on in TRANSFORM magazine. Together  
with art, G. Wendelin will tell us about her views, and music, Carlos  
Llorente is our inspired guide in it, travelling is the great way to fill  
ourselves with impressions, for our body and soul.

Merry Christmas and Happy New Year to all.