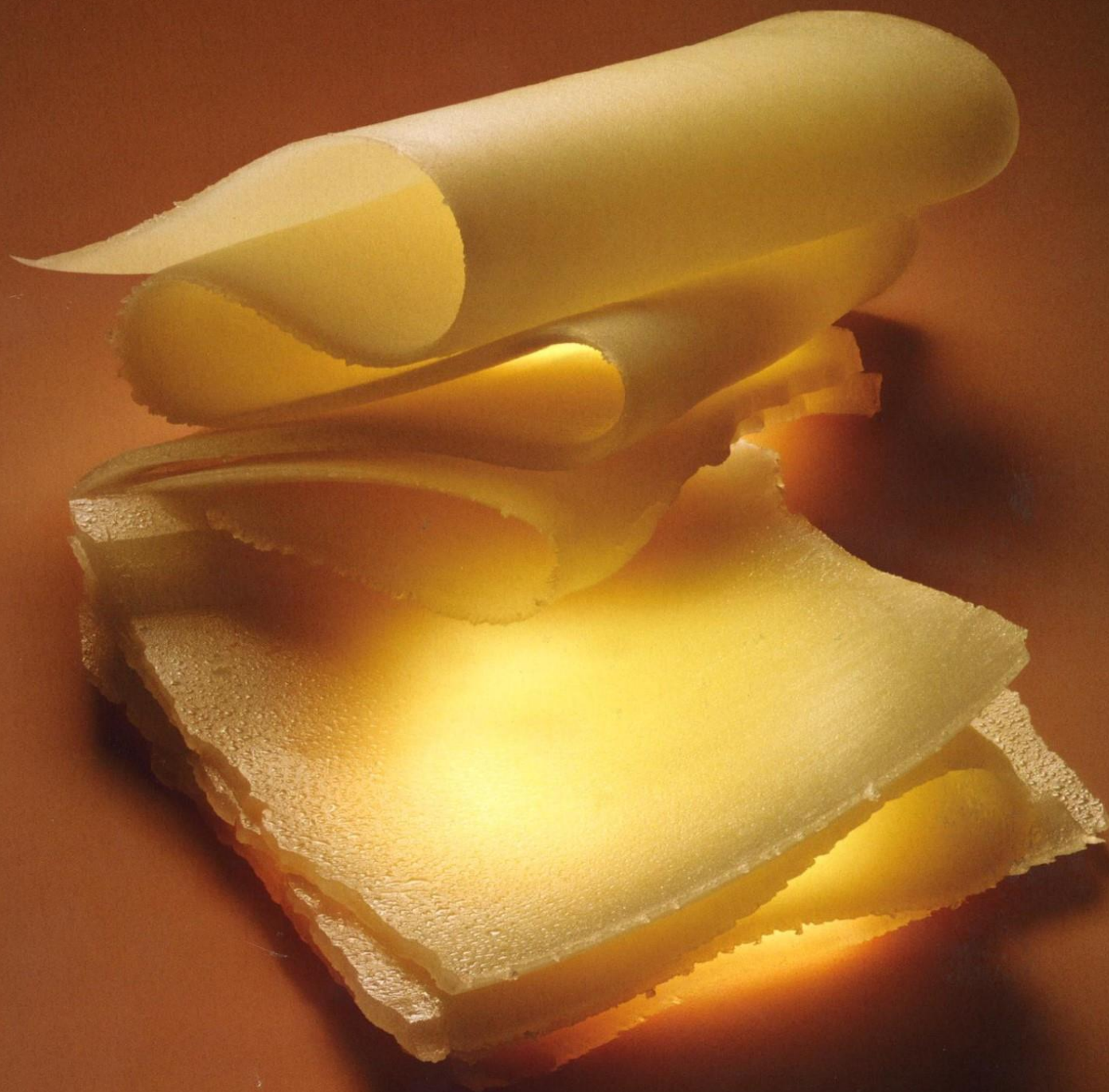


Robb Report

Health & Wellness

WINTER 2015



Is Fat Back?

Why doctors say cutting dietary fat sent America into a sugar tailspin



LOSE WEIGHT AND
RECHARGE AT
THE RANCH AT LIVE
OAK MALIBU p.52

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After a revealing study in the Journal of the American Medical Association on the detrimental effects of consuming sugar, experts are acknowledging the importance of fat in a balanced diet.

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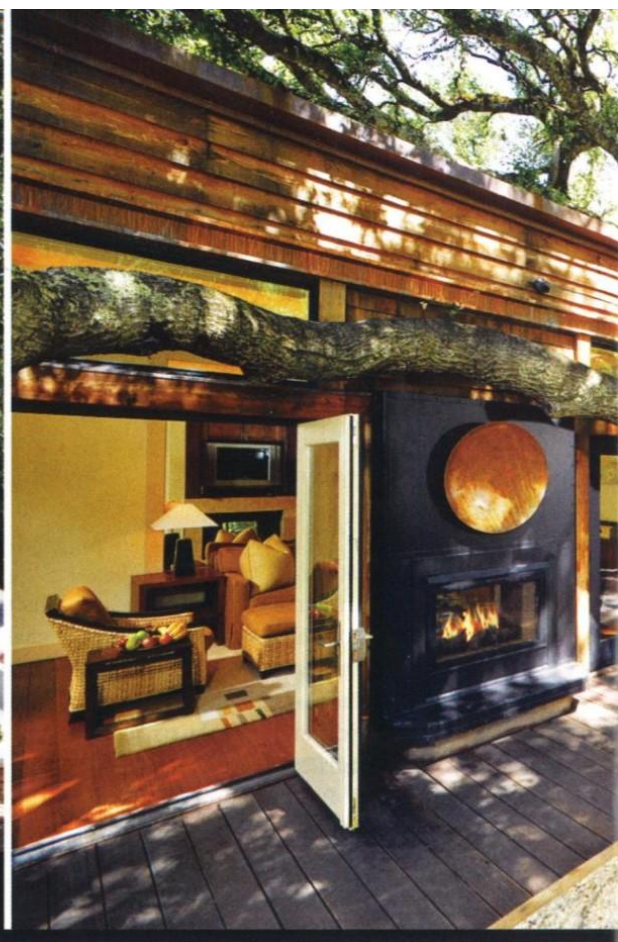
West Coast destinations for achieving mental and physical well-being, from a weekend fitness getaway to a month-long, lifestyle-changing sabbatical.

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WELLNESS RETREATS

California Dreaming

Change those get-fit resolutions from dream to reality with a stint at one of these serene spots.

THE MULTIWEEK STAY

The Ranch at Live Oak Malibu

MALIBU, CALIF.



OWNERS SUE AND ALEX GLASSCOCK'S paean to healthful living is nestled in Southern California's Santa Monica Mountains. Here, guests may stay for up to four weeks (a minimum of six nights,

seven days is required) in 16 tastefully rustic cottages as they reboot their basic routines with the goals of enhanced health, mental recalibration, and weight loss. The secluded 120-acre property is ideal for the Ranch's many high-profile clients, but also for the kind of spiritual renewal driven by the natural beauty of its chaparral-covered hills and nearby Pacific Ocean. Days begin early with dawn sun salutations and stretching, followed by a healthy breakfast and a four- to five-hour daily hike with wilderness guides. Afternoon group classes include weight train-

ing, core toning, and yoga with experienced trainers. After a workday's worth of exercise, relaxation is welcomed beside the picturesque pool or with daily massages given by sought-after therapists. Chef Alexx Guevara culls much of the produce used in his creative and gourmet vegetarian cuisine from the property's extensive gardens. Portions are satiating in flavor, texture, and quantity, even as calories meet a strict 1,400 per day. Organic meals are served at a communal dining table to each small group, and guests may take cooking lessons with the chef. High-tech body assessments help participants see the real results of their active, healthy weeks in this place of tranquil transformation. Cell phone reception is elusive and there are no televisions in the rooms, although computers are available. The Ranch also offers its 4.0 wellness program—in partnership with the nearby Four Seasons Hotel Westlake Village and the California Health & Longevity Institute—for those who desire a more plugged-in experience and can escape for only a long weekend. (\$6,500 per person per week) » 310.457.8700, theranchmalibu.com