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FOOD *for* THOUGHT

For renowned NYC cosmetic dermatologist **Dr. Paul Jarrod Frank**, who preserves some of Manhattan's most famous at his Upper East Side office, the key to a healthy and happy family is not what you put on your body, but what you put in it.

HOUSE CALLS
Dr. Paul Jarrod Frank in his home kitchen preparing a meal with his children, Avery (left), 7, and Aidan, 10



PHOTO BY DIANA FRANK

As a physician, it should come as no surprise that I have rather specific ideas about teaching health and wellness in my home. Raising my two children, Aidan and Avery, with my wife, Diana, involves navigating the limitless influences that can shape them, a challenge that all parents face. As a cosmetic dermatologist, I spend much of my professional time performing and recommending treatments and skincare that are designed to work from the outside in. But many might not realize that my true belief is that health and beauty start with efforts that work from the inside out. Because I believe this, the hierarchy of lessons for my patients—and my family—goes well beyond mere sunscreen and essential skincare. Proper nutritional habits, exercise and meditation are the most essential components in living, feeling and looking well; everything else is just icing on the cake.

As with most habits, good or bad, wellness habits often begin at an early age. In our home, we make it a priority to share with our kids the same habits and ideas that we self-impose, so we can all be the best versions of ourselves. One of the most

important is that food is a source of energy, development and pleasure that, with all its hedonistic options, must be appreciated and enjoyed in moderation. Diana and I have a mantra: If there is a food we would not put in our bodies regularly, why would we want to see our kids eat it? It takes parental strength and frustration to limit the many options of processed or flavor-enhanced snacks and meals in our home. The way we battle it, other than education, is by sharing and preparing as many meals together as we can as a family.

Diana and I both love food and both love to cook. While she tries to prepare family meals during the busy workweek, I'm often on weekend duty. As well as ensuring that I know what is fueling my family's bodies, the opportunity for the four of us to sit around the table together (electronics-free) still remains the most traditional and successful way for us to share time together. We laugh, we argue, we eat and we discuss the lifestyle and habits that make us a healthy family. And, with that, we always save room for dessert. *5th Avenue Dermatology Surgery & Laser Center, 1049 Fifth Ave., Ste. 2B, pfrankmd.com*

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