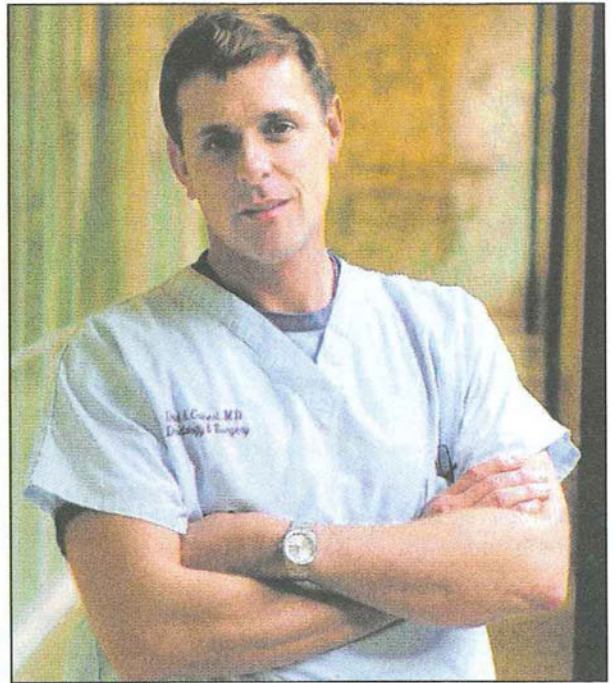
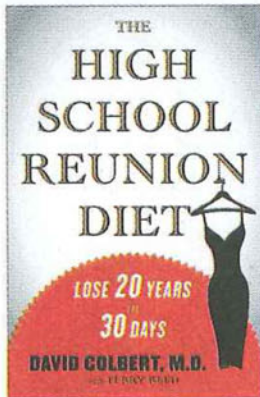


Eat well, look good

Dermatologist, a native of Dubuque,
works with celebrities and even has
Oprah's seal of approval



Dermatologist Dr. David A. Colbert. Photo contributed from Simon & Schuster



Book signing

Book: "The High School Reunion Diet: Lose 20 Years in 30 Days," ISBN 978143918255, Simon & Schuster

Author: David Colbert, New York City dermatologist who grew up in Dubuque

Time/date: Book signing 1-2:30 p.m. Sunday, Dec. 27

Site: River Lights Bookstore 2nd Edition, 1098 Main St.

Cost: \$23

by sandye voight

Dr. David A. Colbert is a dermatologist who says he sees patients, not just their skin.

He's an internist as well, so when patients come to his upscale (Fifth Avenue) New York City practice wanting to look good, he makes sure they understand that beauty truly isn't just skin deep.

Colbert, who grew up in Dubuque, is the son of Edward Colbert, varsity basketball coach/teacher at Wahlert High School until 1988.

His new book, "High School Reunion Diet: Lose 20 Years in 30 Days," came about because looking good for a high school reunion is one of the top motivating factors among his patients. Colbert will do a book signing Dec. 27 at River Lights Bookstore 2nd Edition for the book, published by Simon & Schuster.

"Setting a goal is good," he said during an interview while visiting family in Dubuque earlier this year. "It would be good if we had six months to work with, but it's usually one month ahead when they come in."

Colbert graduated from Dubuque

Senior High School in 1976. He attended St. Olaf College for two years, transferring to the University of Iowa to earn degrees in zoology and romance languages, with a dance minor.

Board certified by the American Academy of Dermatology (and board eligible in internal medicine), he established a private practice in New York in 1987, after studying medicine in Lille, France (where knowing romance languages came in handy.)

His patients include artists, actors, designers and journalists. None other than Oprah herself has referred to him as one of "The Transformers," one of America's leading cosmetic dermatologists.

His advice about healthy eating is similar to what most health practitioners have been preaching in recent years. But he's touting a healthy diet, not for heart health and cancer prevention, but for good looks.

"Good skin isn't just in a Botox bottle," he said. He's preaching the mantra of healthy eating, with writer Terry Reed and editing help from younger brother Mark (Senior High School 1987).