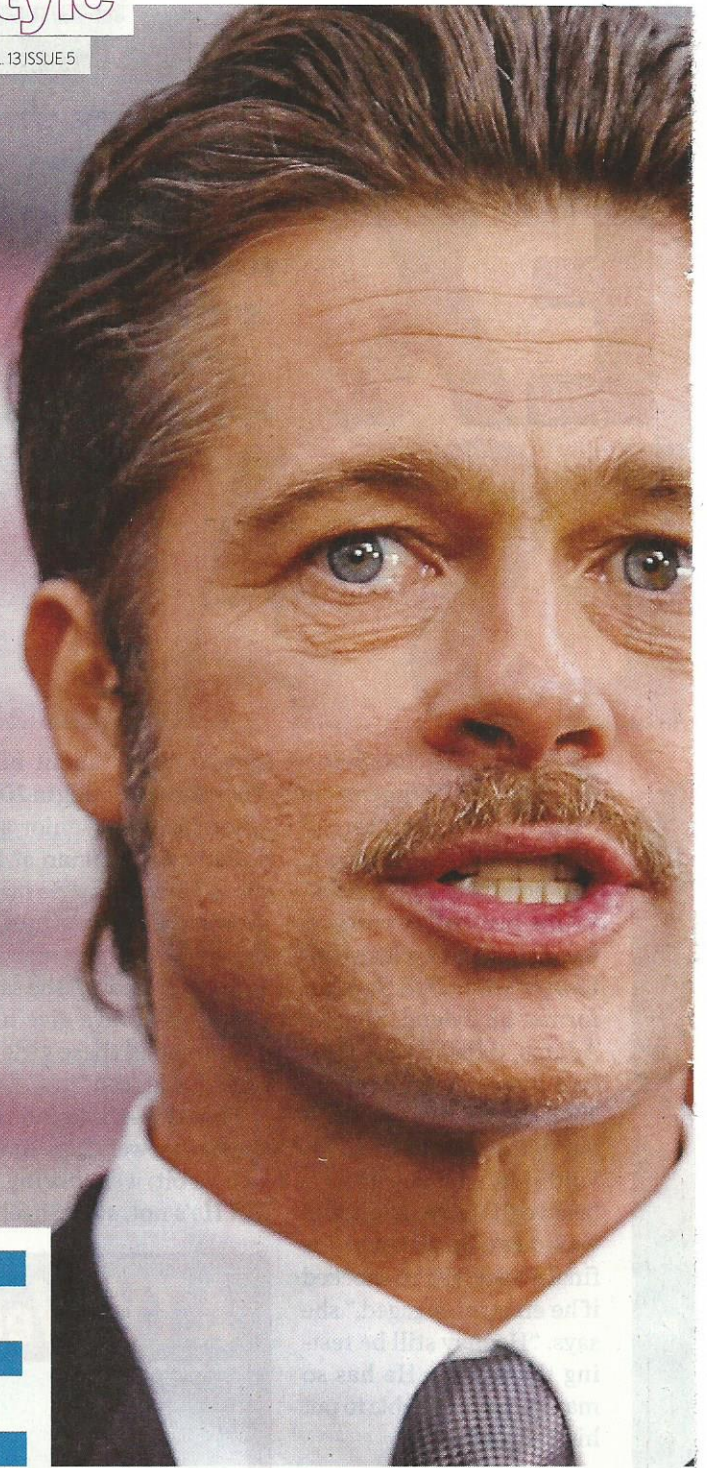


His Stay-Young Secrets Revealed

WHY BRAD LOOKS HALF HIS AGE



He's a real-life Benjamin Button! Brad Pitt, at 52, turns back the clock

It isn't easy to upstage Ryan Gosling. But when Brad Pitt, 52, stepped out with him to introduce *The Big Short* at the Golden Globes on Jan. 10, he managed to do just that. "Brad looked absolutely amazing," says one audience member. Despite a 17-year difference, "They looked the same age! Everyone was talking about it. It couldn't have just been makeup."

It wasn't. An insider close to Brad has given *Life & Style* the real secret behind Brad's shocking rejuvenation. For the past several months, Brad has been on an intense regimen that includes a new diet, expensive skin care treatments and even IV vitamin drips. "He's been telling friends about his new anti-aging plan," says an insider. "He's been doing it with the help of a nu-

tritionist and a personal chef."

EATING WRINKLES AWAY

The most important part of Brad's new system is his diet. It's heavy on salmon, walnuts and chia seeds, which are high in omega-3 fatty acids to combat wrinkles, plus lean meats and eggs, which provide amino acids to help repair damaged skin cells, according to the insider.

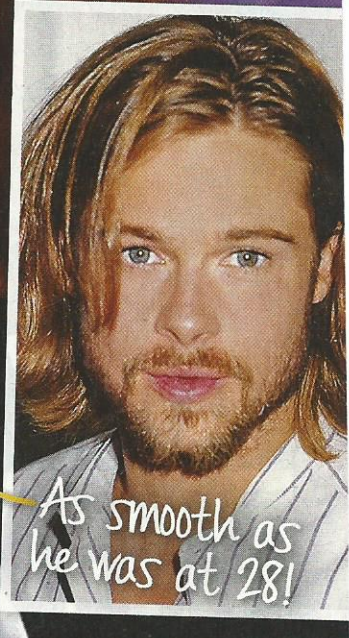
FROM LEFT: RAMEY, GETTY (2)



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At the premiere of his film *Fury* 15 months ago, Brad looked tired and drawn, with severe wrinkles, deep bags under his eyes and rough skin.

At the Golden Globes, his wrinkles had vanished and he was baby-smooth. "He looked hotter than he has in years," says one witness.



Other staples of his diet, brown rice and beets, are high in phytoceramides, which many people take as supplements to keep skin hydrated and plump. On top of all that, he eats antioxidant-rich fruits and vegetables and downs rooibos tea, which helps combat eczema. Experts say he's clearly done his research. "What you put in your mouth shows on your skin," says Beverly Hills dermatologist Dr. Ava Shamban, who does not treat Brad. "His diet will

help Brad's skin repair itself." Brad isn't stopping there. He's been supplementing the diet with "collagen smoothies and antiaging IV vitamin drips," the insider says, plus going for regular facials.

SURGICAL HELP

Still, Brad's results seem to defy nature. And there's more to his younger look than he's letting on. As *Life & Style* previously reported, a source claims Brad went under the knife last

summer for a neck lift and lower eyelid surgery to remove excess skin. Though Brad's telling insiders he owes his smooth face to his new regimen, board-certified plastic surgeon Dr. Anthony Youn, who doesn't treat Brad, believes he's also likely getting periodic Botox treatments and fillers.

Whatever he's doing, it's paying off. "Brad's working hard to keep his youthful looks," the insider says. "The transformation has been nothing short of amazing." **LS**