

# Interview

The Men's Issue  
**MICHAEL FASSBENDER:**  
Man On Fire By JOSH BROLIN

*CHLOË SEVIGNY* BY KIM GORDON  
*RYAN MURPHY* BY JULIA ROBERTS  
*A\$AP ROCKY* / *DRIES VAN NOTEN*  
*FRANCESCO VEZZOLI* / *DAVID LYNCH*

PLUS: MIUCCIA PRADA, ELIZABETH OLSEN,  
AND THE MEN WHO MAKE THE PERFECT MAN

# HIGH MAINTENANCE

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ANY GUY LUCKY ENOUGH TO HAVE BEEN AT THE TOP KNOWS THERE'S NO SUCH THING AS A SELF-MADE MAN. REAL POWER MEANS LOOKING AND FEELING THE PART, AND IN THE YOUTH-OBSSESSED, PERFECTION-CHASING, ENLIGHTENMENT-SEEKING WORLD OF TODAY, THAT SOMETIMES REQUIRES ENLISTING PROFESSIONAL HELP. FORTUNATELY, THERE IS AN ELITE LEAGUE OF EXPERTS FOR THESE MEN TO TURN TO. MANY OF THEM ARE OUTSIZE ALPHA MALES THEMSELVES—AND THEY'RE MASTERING THE ART OF THE MODERN MAN

*Photography* ROBBIE FIMMANO *Styling* KAREN KAISER



## DR. FRANK LIPMAN

*Wellness & Healing Expert*

DR. FRANK LIPMAN IN NEW YORK, DECEMBER 2011. JACKET AND PANTS: SALVATORE FERRAGAMO. SHIRT: DIOR HOMME. GROOMING: TALIA SHOBROOK/COMMUNITY NYC.

Before the organic craze, before Bikram became hip, before Hollywood embraced juice fasts, there was Dr. Frank Lipman, who was an early advocate for combining traditional Western medical practices with acupuncture, Chinese herbs, yoga, and nutrition. “When I graduated from medical school, I went to work in the bush in Africa,” recalls the 57-year-old South African-born wellness expert from his spacious New York office. “People were coming in with problems I couldn’t address, but the traditional healer could. It opened my eyes—if I really wanted to help my patients, I had to explore other modalities.” Dr. Lipman, whose clients have included Gwyneth Paltrow, Kevin Bacon, and Donna Karan, eventually developed a regimen designed to introduce patients to his East-meets-West lifestyle: his Be Well cleanse program, which asks participants to cut out sugar, gluten, caffeine, and alcohol with the help of nutritional supplements that he makes from a cocktail that includes vitamins and rejuvenating herbs. The benefits—increased energy, reduced stress, and weight loss—may sound similar to those achieved via more traditional pill-popping, but the key lies in the natural ingredients. “Initially, I was considered a heretic,” says Dr. Lipman. “Now, I’m not even alternative. I’m on the forefront, and I’m leading a wellness revolution.” —ASHLEY W. SIMPSON