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## Flexing The Fat

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First, there were cherubic cheeks, shapelier breasts and rounder buttocks, all silicone-free thanks to stem cell fat transfer. Then came repaired cartilage in the knee joints in lieu of knee-replacement surgery. But the ultimate alchemy? Turning fat into muscle. Today, one of the early pioneers in stem cell fat transfers, Sydney Coleman, MD, reports success with stem-cell fat injections into muscle. Beginning with the repair of torn male biceps, Dr. Coleman—who practices in Manhattan, where he also serves on the faculty of New York

University School of Medicine—is now using the stem-cell rich fat to enhance forearm muscles, “making them bigger,” he says. Just one more natural alternative to the use of silicone implants. Take that, Popeye!