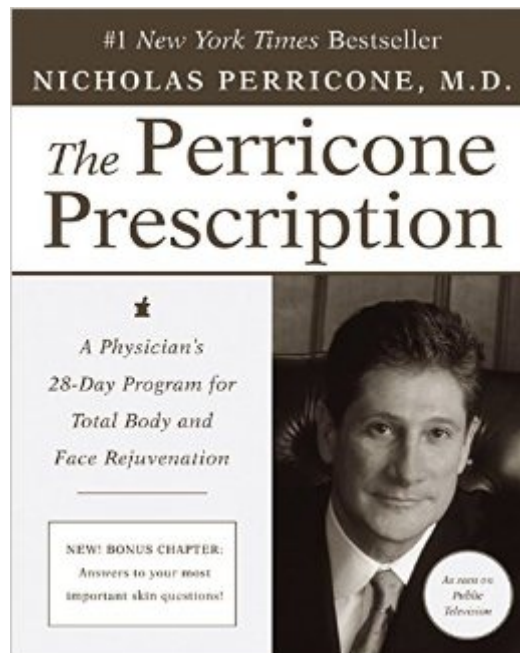


The book was found

# The Perricone Prescription: A Physician's 28-Day Program For Total Body And Face Rejuvenation



## Synopsis

Now in a stunning trade paperback edition that includes a new bonus chapter, the instant #1 New York Times bestseller *The Perricone Prescription* is the dramatically effective, total body anti-aging program that includes an easy-to-follow exercise, diet, and skin care regimen for people of all ages. We generally believe that lines and wrinkles are an unavoidable part of the aging process. According to Dr. Nicholas V. Perricone, they are actually due to "inflammation" caused by poor nutrition, pollution, sunlight, irritating skin care treatments, and stress. In fact, this type of inflammation is more than just a beauty problem. The production of free radicals that damage the cells and organs in the body also increases the likelihood of heart disease, cancer, diabetes, and arthritis. The good news is, the Perricone Prescription Program can prevent and even reverse these problems. The program will not only produce visible improvement in the skin, it will improve your body's overall health and appearance. Dr. Perricone has developed his own skin care products and recommends other products he believes will help to improve skin tone. By following the Perricone Program of diet, topical creams, vitamins, and exercise, you can dramatically reduce lines and wrinkles and achieve a younger look within three days. You will look and feel better than you ever thought possible. Good health and beautiful skin—an unbeatable combination.

## Book Information

Paperback: 304 pages

Publisher: William Morrow Paperbacks; Reprint edition (March 2004)

Language: English

ISBN-10: 0060934352

ISBN-13: 978-0060934354

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (180 customer reviews)

Best Sellers Rank: #69,410 in Books (See Top 100 in Books) #15 in [Books > Medical Books > Medicine > Internal Medicine > Dermatology](#) #189 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#) #273 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

This book is pretty much about eating clean, low glycemic carbs and healthy fats. Too many of the wrong foods (bad carbs, salt, sugar) cause inflammation (insulin spike) and cause tissues to become irritated (hold water, puffiness). After following the Three-Day Nutritional Face Lift

Menu(without the supplements) my face isn't puffy when I wake, my eyes aren't bloodshot and my skin is J.Lo luminous.LOTS of supplements are prescribed which to "make it easy for you..." he sells overpriced supplements on his website at the hefty price tag of \$195 for 45 days.This is a good diet to follow if you are do Body-for-LIFE, South Beach or Atkins. I can't argue that its a bad plan. The recipes are very simple, clean and delicious. Can get expensive, but if you live near a Trader Joe's you shouldn't have too much of a problem.The program can easily be summed up below -- he posts this on his website. Or try the eDiets.com version which is very simple to follow.The Three-Day MenuYou will be eating close to the same thing each day. Remember to always eat your protein first. Though this diet has some variety, a restricted diet is often easier to handle since you are not confronted by too many choices.

... One late night I saw Perricone on PBS. I was definitely skeptical, but what he said made sense at least; it didn't come across as a mind-numbing infomercial. Inflammation, insulin reaction, antioxidants, importance of protein vis-a-vis carbs, it was a nice and clean model with enough detail and did not come across as a fad of the month. It was based on off-the-shelf products some of which I was already familiar with. And I was getting desperate physically, mentally, and emotionally and was getting burnt out at work.... I started small and incrementally took what he recommended.It all started with DHA, more water and no caffeine - Costco sells a product called Senior Moments which has that and "cerebral phospholipids". I felt so poorly that despite the fact that I was once a religious caffeinator, I went off caffeine almost cold turkey within a couple of weeks. The results were astounding and dramatic all within a few days of doing so (the caffeine started to give me an unwanted buzz as I took the supplement, which just got me off caffeine faster). I began to think very clearly again, memory and focus was incredible, and I was multitasking like never before. Plus mood and emotional stability returned ...Another star is alpha lipoic acid (ALA). Talk about skin rejuvenation. My girlfriend took it and within a few days her severe acne problem cleared up entirely without having to use ... expensive skin lotions, lathers, soaps to manage it. Now, she has ...natural products that work much better at 1/10th the cost. With that and a CoQ10 facial cleanser, my skin has turned out great as well.

[Download to continue reading...](#)

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation  
Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation  
Complete Guide to Prescription & Nonprescription Drugs 2016-2017 (Complete Guide to Prescription & Non-Prescription Drugs) The Water Prescription: For Health, Vitality, and

Rejuvenation The Mindbody Cleanse: A 14-Day Detox and Rejuvenation Program from Ancient Ayurveda Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation Complete Vitamix Blender Cookbook:Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1) The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) How To "Ace" The Physician Assistant School Interview: From the author of the best -selling book, The Ultimate Guide to Getting Into Physician Assistant School 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The Perricone Promise: Look Younger, Live Longer in Three Easy Steps The Memory Prescription: Dr. Gary Small's 14-Day Plan to Keep Your Brain and Body Young Soul Mind Body Science System: Grand Unification Theory and Practice for Healing, Rejuvenation, Longevity, and Immortality The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy Boundaries Face to Face: How to Have That Difficult Conversation You've Been Avoiding BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language)

[Dmca](#)