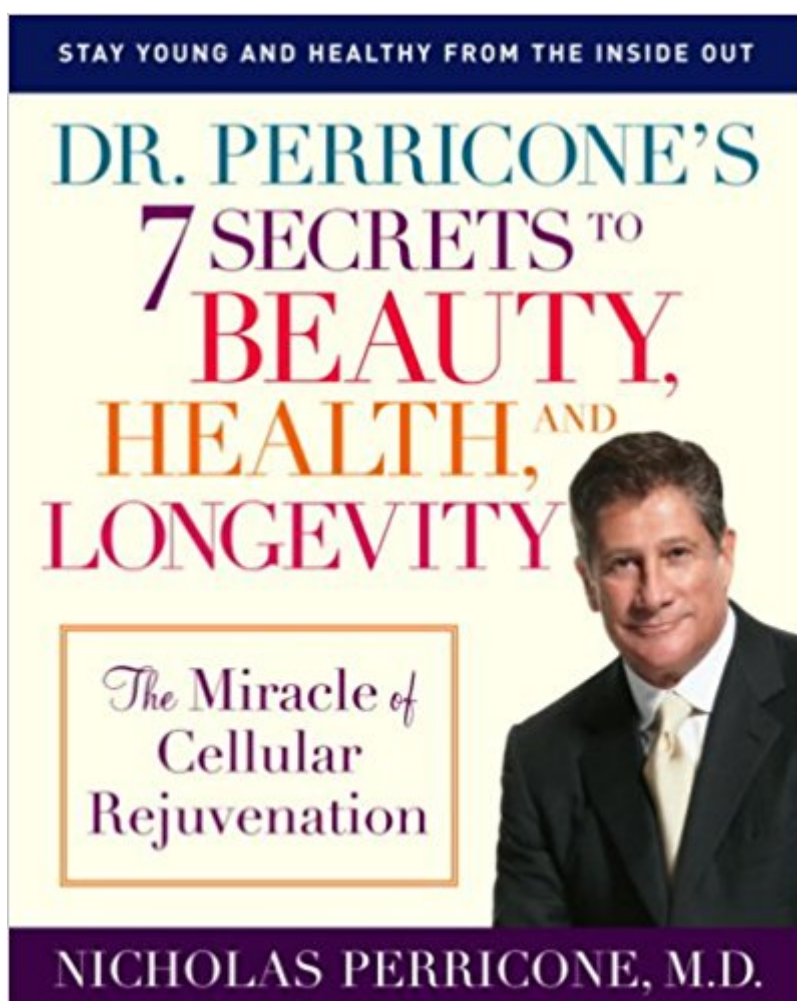


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Dr. Perricone's 7 Secrets To Beauty, Health, And Longevity: The Miracle Of Cellular Rejuvenation



Synopsis

He has shown us how to smooth our wrinkles, and helped us slim down without feeling deprived. Now #1 New York Times bestselling author Dr. Nicholas Perricone gives us an anti-aging program that unveils the miracle of cellular rejuvenation. These seven powerful strategies are not only easy to follow but present a plan for total health designed to help us look and feel great by age-proofing us from the inside out. Taking a holistic approach that taps into cutting-edge science, Dr. Nicholas Perricone reveals how to rev up our cellular metabolism so that we can stay healthy, strong, and energetic, while keeping our skin soft, smooth, and supple. These strategies will help us reverse osteoporosis, restore bone structure and muscle mass, revitalize brain cells, reduce the chances of heart disease and cancer, elevate mood, manage blood sugar, and slim down and stay trim. Inside Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity you will discover the six kinds of food you need to eat every day, as well as healthy and delicious snacks including a vegetable that both suppresses appetite and builds muscle the new findings about the best nutritional supplements to win the fight against aging the revolutionary skin rejuvenating secrets for radiant, toned, and youthful-looking skin the role of pheromones in curbing depression, boosting self-confidence, triggering weight loss, and improving libido the essential oil that is more powerful than antibiotics the exercise plan that will shape your silhouette and strengthen your bones in as little as ten minutes a day delicious recipes, easy shopping lists, and a guide to safe cookware so that you can create your own anti-aging kitchen Dr. Perricone's trademark tips about new products that really work and where to find them Whether your aim is to look younger, improve your health, or just feel great, you'll see fast results by following Dr. Perricone's simple program. These seven indispensable secrets will keep you beautiful, healthy, and young all through life. From the Hardcover edition.

Book Information

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Customer Reviews

Advance praise for Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity "Once again Dr. Perricone's quest for successful and safe dietary interventions has taken the science of nutrition to another level. The seven secrets focuses on cellular rejuvenation beginning with the mitochondria, the energy producing part of the cell. Step-by-step, learn how to rebuild organ systems, rejuvenate aging skin, and eliminate body fat while maintaining muscle mass and rebuilding bone. Dr. Perricone continues to show, clearly and succinctly, his leadership in formulating a healthful life style." "Harry G. Preuss, M.D., M.A.C.N., C.N.S., professor of physiology, medicine, and pathology, Georgetown University Medical Center, Washington, D.C. "There are a lot of things about Dr. Perricone's science that really resonate with me. Here is one of them: growing up Italian has kept me in touch with the magical properties of olive oil. Dr. Perricone has taken this and others to a new level" "Steven Tyler, lead singer, Aerosmith From the Hardcover edition.

Nicholas Perricone, M.D., is the #1 New York Times bestselling author of The Perricone Weight-Loss Diet, The Wrinkle Cure, The Perricone Prescription, and The Perricone Promise. He is a board-certified dermatologist, award-winning inventor, research scientist, and internationally renowned anti-aging expert. He is the focus of a series of award-winning PBS specials, and a popular guest on Oprah, Today, 20/20, Good Morning America, and Larry King Live, among many other programs. He is currently adjunct professor of medicine at Michigan State University's College of Human Medicine. Visit the author's website at www.nvperriconemd.com. From the Hardcover edition.

Im still enjoying the read from this book. Very scientific (well as far as I am concerned anyway), packed with amazing information about many aspects of health. I use this mans products and have read other books of his. I find him trustworthy, and when I follow the information in the book, I most certainly feel better.

Book arrived in great time undamaged. Started reading haven't finished but so far a great read.

We're all going to age but why not do so as gracefully and as comfortably/healthfully as possible?
This book makes it easier.

Amazing info

There is a lot of great content packed into this book. Dr. Perricone writes about the benefits to eating certain foods and taking specific supplements. I have been taking his advice and am very pleased with the results. After all, it can't hurt. The book is easy to read and understand. The language doesn't get too scientific on you, even though it is writing about the science of these foods and supplements. All of his recommendations are things that can actually be done, without too much effort.

Greatest positive information on how to improve your looks, life, health. All based on sound scientific evidence. Easy to read and understand.

I have a few perricone md books and I love to read them because it has a lot of information on health & beauty...

Thanks.

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