



The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation

Nicholas, M.D. Perricone

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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.

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