



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

By Nicholas, M.D. Perricone

Download now

Read Online 

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone

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.

 [Download The Perricone Prescription: A Physician's 28- ...pdf](#)

 [Read Online The Perricone Prescription: A Physician's 2 ...pdf](#)

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

By Nicholas, M.D. Perricone

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone

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.

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone Bibliography

- Sales Rank: #62288 in Books
- Brand: Harpercollins
- Published on: 2004-03
- Released on: 2004-03-30
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .76" w x 7.38" l, 1.21 pounds
- Binding: Paperback
- 304 pages

 [Download The Perricone Prescription: A Physician's 28- ...pdf](#)

 [Read Online The Perricone Prescription: A Physician's 2 ...pdf](#)

Download and Read Free Online **The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation** By Nicholas, M.D. Perricone

Editorial Review

Amazon.com Review

Healthy, vibrant skin depends more on what you put *in* your cheeks than what you rub *on* them, says dermatologist Nicholas Perricone. In *The Perricone Prescription*, fresh salmon tops the list of must-eat foods for total body rejuvenation. In fact, it is the star of Perricone's "Three-Day Nutritional Face-Lift," a convincing trial run for those who are a bit hedgy about committing to his 28-day diet and his supplement, skin care, and exercise regimen.

Perricone's clear explanation about the adverse effects of inflammatory foods persuasively argues for shunning destructive, low-fat favorites (including watermelon, carrots, and bagels) and "culinary horrors" like pizza, pasta, and beef. Better to eat anti-inflammatory choices (those with a glycemic index of 50 or less) like salmon, halibut, and trout. While the book's mega list of recommended supplements is a bit hard to swallow (literally and figuratively), the supportive information Perricone supplies about each is certainly helpful.

Another detailed grocery list--this time for topical anti-inflammatories--addresses skin care, and his wrinkle-free fitness plan promotes flexibility, muscle strength, and endurance. Finally, a handful of savory recipes offers respite to those who only know how to broil. So, despite all the salmon (and the angry kids whose parents have purged their high-glycemic kitchens), Perricone's prescription doesn't sound fishy at all. --*Liane Emory Thomas*

From Publishers Weekly

Perricone (*The Wrinkle Cure*), a professor of dermatology at Yale Medical School, believes that relatively simple changes in eating can effect dramatic changes in physical appearance and well-being. He has created a month-long program broken up into daily menus as well as a more restrictive three-day regimen designed to produce immediate results. Perricone's guiding principle, which he explains in some depth, is to reduce inflammation at the cellular level, which, he believes, causes the skin to age and is also linked to degenerative disease. Perricone suggests that protein and some fat is essential for everyone. He is particularly keen on the benefits of fish. Certain foods high in carbohydrates cereals, breads, bananas are taboo in this plan because of their high glycemic index; they cause a spike in blood sugar and prompt the body's insulin response, which stores rather than burns fat and causes inflammation. Perricone also recommends an exercise regimen, and nearly a third of the book is devoted to a discussion of antioxidants, vitamin supplements and creams. Some may question his nutritional theories, and others may find the diet difficult to stick to, with its almost total restriction of starchy foods. Still, Perricone is a proponent of Barry Sears's *The Zone*, and readers who have followed that book and Perricone's own bestselling earlier volume will probably appreciate this one.

Copyright 2002 Cahners Business Information, Inc.

About the Author

Nicholas Perricone, MD, FACN, is a board certified clinical and research dermatologist. A brilliant scholar, Dr. Perricone completed medical school in just 2 1/2 years, graduating at the head of his class. He completed his internship in Pediatrics at Yale Medical School and his Dermatology Residency at Ford Medical Center. Dr. Perricone is regarded as the father of the Inflammation Theory of Aging. He is the author of the *New York Times* bestseller *The Wrinkle Cure* (Rodale Reach May 2000). Warner Books published the trade paper edition in May of 2001. It reached # 1 on both the *New York Times* and the *Los Angeles Times* bestseller lists

March 24, 2002 and remained there for four weeks. Close to one million copies are in print. His PBS-TV special of the same name is one of the top fundraisers for Public Television.

Dr. Perricone is certified by the American Board of Dermatology, is a Fellow of the New York Academy of Sciences and a Fellow of the American College of Nutrition. He is also a Fellow of the American Academy of Dermatology and the Society of Investigative Dermatology. He is the recipient of the 2002 Eli Whitney Award, awarded annually to an outstanding individual for significant contribution to science.

Prior recipients include National Medal of Science recipient, Igor Sikorsky, (founder of Sikorsky aircraft) inventor of the first practical helicopter, which established the bedrock upon which today's helicopter industry rests, and Buckminster Fuller, inventor of the geodesic dome -- the lightest, strongest, and most cost-effective structure ever devised.

Dr. Perricone holds dozens of US and international patents for the treatment of skin and systemic disease, and for the use of topical anti-inflammatories for reversing and preventing damage to skin caused by age, the sun, the environment, hormonal changes, etc. He is the author of numerous scientific articles documenting the results of his research and is a contributing editor to the peer-reviewed medical journal *Skin and Aging* and is a member of the editorial board of *Archives of Gerontology & Geriatrics*. He is Chairman of the International Symposium on Aging Skin, an annual meeting in which researchers come together from around the world to share their latest scientific breakthroughs in the prevention of aging and aging skin.

Vogue magazine has named Dr. Perricone one of the top four dermatologists in the United States.

His latest book *The Perricone Prescription, A Physician's 28-Day Program for Total Body and Face Rejuvenation*, is being published by HarperCollins to coincide with the premier of his second television special for PBS-TV, the leading national educational television network, in September of 2002.

Users Review

From reader reviews:

Roger Dupre:

Have you spare time for the day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to typically the Mall. How about open as well as read a book entitled The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation? Maybe it is for being best activity for you. You realize beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with the opinion or you have other opinion?

Gracie Thomas:

This book untitled The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation to be one of several books which best seller in this year, this is because when you read this guide you can get a lot of benefit upon it. You will easily to buy that book in the book store or you can order it via online. The publisher of the book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Cell phone. So there is no reason to your account to past this guide from your list.

Nancy Jones:

People live in this new day of lifestyle always try to and must have the time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have free time, we will say absolutely of course. People is human not a robot. Then we question again, what kind of activity are there when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, the actual book you have read is The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation.

Bryan Lopez:

Your reading sixth sense will not betray an individual, why because this The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation book written by well-known writer who knows well how to make book that may be understand by anyone who also read the book. Written with good manner for you, dripping every ideas and creating skill only for eliminate your personal hunger then you still question The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation as good book not just by the cover but also by the content. This is one e-book that can break don't judge book by its include, so do you still needing yet another sixth sense to pick this!? Oh come on your reading through sixth sense already said so why you have to listening to a different sixth sense.

Download and Read Online The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone #9BNQ05PHZ3X

Read The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone for online ebook

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone books to read online.

Online The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone ebook PDF download

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone Doc

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone Mobipocket

The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation By Nicholas, M.D. Perricone EPub