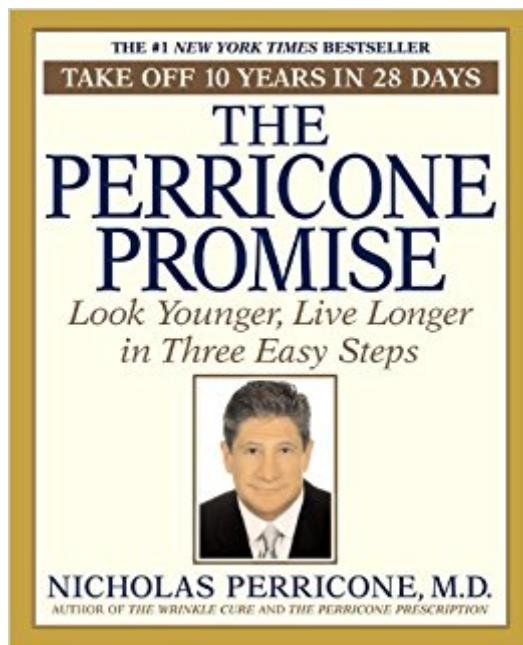


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# The Perricone Promise: Look Younger, Live Longer In Three Easy Steps



## **Synopsis**

An instant #1 "New York Times" bestseller now in paperback, this astonishing program will reportedly help readers reverse the aging process, inside and out.

## **Book Information**

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## **Customer Reviews**

For women seeking complexion perfection, Dr. Nicholas Perricone is the name to know; actress Courteney Cox counts herself among his many devotees. In *The Perricone Promise*, he claims that his 28-day program will help stop and even reverse the aging process, making anyone who follows his advice "look and feel ten years younger." Perricone says the brain and the skin both start out as the same embryonic tissue, so it follows that any efforts aimed at improving one's complexion will also improve one's memory and overall sense of well-being. To this end, he recommends a three-pronged approach: a very specific 28-day diet; supplements taken morning, noon, and night; and his own line of "topical" cosmetics, all aimed at boosting the body's levels of "peptides and neuropeptides." These substances, according to Perricone, are not only the building blocks of the skin's collagen, but an integral part of the functioning of the immune system, and may prevent inflammation in the body that's associated with such illnesses as arthritis and heart disease.

Perricone's diet sensibly includes a "rainbow" of fruits and vegetables and the liberal use of herbs and spices, and shuns any foods browned or cooked at high temperatures. But unfortunately, some of the food combinations sound less than appetizing (typical snack: "1-2 ounces sliced turkey or chicken breast, 3 olives, 3 strawberries, 8 ounces water"). His eponymous supplements and

cosmetics are also pretty pricey, but as far as Perricone's fans are concerned, when it comes to putting the brakes on the aging process, you get what you pay for. --Erica Jorgensen --This text refers to an out of print or unavailable edition of this title.

Dermatologist and bestselling author Perricone (The Perricone Prescription, etc.) takes his extensive knowledge of skin care and aging to a deeper level in his latest volume, explaining the science behind his theory that aging is intimately tied to inflammation. Perricone claims that certain peptides and neuropeptides (proteinlike substances found within the body) are key to maintaining health and longevity, and our food choices can boost their positive power. How one ages, Perricone says, largely depends on what one eats; the wrong choices have a crucial impact on wrinkles, degenerative diseases such as cancer and Alzheimer's, and can accelerate aging. Although Perricone doesn't offer a magic potion, he does claim his 28-day plan will decelerate the aging process by fighting inflammation. While the author's rather pricey topical products (\$95 for a "face firming activator") are part of this complex program, the bulk of the text focuses on affordable options, such as purchasing "rainbow foods" (fresh fruits and vegetables), liberally using such healthy spices as oregano and basil, and consuming "superfoods" like barley, beans and hot peppers. Perricone also recommends natural supplements, including coenzyme Q10 and vitamin C ester, and provides a detailed plan that combines diet, exercise, supplements and topicals. Though the science-based text is sometimes weighty, readers seeking the logic behind their skin and health-care decisions won't be disappointed by the promises Perricone makes. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

I like the works of Dr. Perricone. He presents health information in a readable and beautifully presented book that outlines his approach to health and beauty. I disagree with the potshots at Perricone's character by other reviewers. The diet he presents in his books is fairly straightforward: Ditch the processed foods, mainly the high-carb, flour, sugar and starchy foods, and build your health through top quality proteins like wild Salmon, lots of colorful vegetables, berries, and other fruits, and some legumes and nuts, seeds, and whole grains. Drink clean water, and tea. There you have it. What's the controversy for??? This is what good nutrition is about. Do you really need a mountain of clinical proof to convince you that eating these high nutrient foods will positively affect your well being??? Perricone aims for high quality in the diet and lifestyle he presents. I like his approach, which is very sensible, because he motivates change through positive, visual results. He

is a DERMATOLOGIST, so obviously he is going to aim at outward beauty of the skin, as a window to inward health. If you can see the results of your healthy lifestyle outwardly, you will be more motivated to keep it up. If you are told to eat for heart- health or for the health of your liver, well you can't see your internal organs. Perricone takes a holistic approach that begins on the inside, dealing with overall health. We all want to look good, and good health results in good skin. Some of the ingredients and foods for his recipes may be harder to find, but this is supposed to be a lifestyle. He provides resources for some of the products, and with the internet there is no reason you can't find something and order it. Sure, it takes a little effort, and a little more money, but if you make some changes to your lifestyle, you can reallocate time and money into getting high quality foods, and products, and you will gain long term benefits. It's all about a trade off. Just ditching that box of process cereal and other packaged processed foods, a case of soft drinks, and ending your trips to the fast food joints would be enough to save you money so you could reallocate your funds to quality foods, and supplements.

Great And Timely Service, Thanks A Bunch..... Best Regards, Joe

So often, when authors churn out book after book, the content turns out to be a big disappointment - the same old ideas just repackaged - over and over, ad nauseum. Such is not the case with the Perricone Promise. If you don't learn a ton of new information from this book - well, you're either a neurobiologist or you haven't really read the book. Dr. Perricone says he learns something new every day about the "powerful interaction between the foods we eat and the rate at which we age," and he passes along this interesting, vital information. Yes, the supplements he recommends are often expensive - but have you checked out the cost of plastic surgery or treatment of disease? In fact, the price tags associated with either one make the cost of supplementation appear to be a real bargain. I enjoyed this book with its fresh information. I will implement his 28-day plan. And, I look forward to and will purchase his next book. It won't be the same old ideas repackaged! Phyllis Staff, Ph.D. author, "How to Find Great Senior Housing" and "128 Ways to Prevent Alzheimer's and Other Dementias"

I started to read it but I'm busy with many things. It will take time to get through it, a church member recommended it to change my life for a healthy lifestyle. I will read it when possible.

A good point of reference for a wide range of health topics. Have used it off and on through the

years.

Hi, Awesome book that will not be outdated..is great information for skin/brain/body. Supplements are explained in detail and easy to read. I gave this book as a gift to 3 people so far. It educates about good nutrition to make a person healthy. Fantastic book!

Great book , good diet idea

I always love these books. Thank you Nicholas Perricone for great information

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