



The Wrinkle Cure: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin

By Nicholas Perricone

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Look Ten Years Younger in Days-Without Surgery! From Yale University's dermatological and anti-aging expert Nicholas Perricone, M.D., comes the all-natural program that has already helped thousands-including top Hollywood stars. This antioxidant plan revitalizes your skin from the outside and inside, reducing and effectively erasing wrinkles and blemishes, no matter your skin color or type, no matter your age! Find out About: Alpha Lipoic Acid-lines, wrinkles, under-eye puffiness, acne scars, and enlarged pores can disappear. The Three-Day Diet for Better Skin-special "face-changing" foods visibly alter the way you look, in just seventy-two hours. Vitamin C Ester-this miracle supplement can heal sun-damaged skin or inflammations by helping your body produce collagen-it firms up sagging skin as well! An Instant Face-Lift-DMAE tightens skin almost instantly and offers long-lasting results with continued use. And quickly plumps up lips, too! The Sugar Taboo-simple carbs ravage your skin and speed aging. Find out how to reverse the damage!

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Editorial Review

Amazon.com Review

"Plastic surgery isn't the only way to keep the aging process at bay. With the proper care you can have fabulous skin in your forties, fifties, sixties and beyond," promises author Nicholas Perricone, M.D., assistant clinical professor of dermatology at Yale University School of Medicine. In his opening chapters, Perricone explains why skin wrinkles and sags--a combination of factors including the passage of time, stress, poor nutrition, excess alcohol consumption, sleep deprivation, and exposure to cigarette smoke, sunlight, and pollution. Ultimately, however, it all boils down to damage caused by those renegade free radicals.

The bulk of his book is then devoted to a clearly presented skin care regimen that involves oral and topical antioxidant therapy. On the oral front, he emphasizes eating antioxidant foods, such as cantaloupe and dark green leafy vegetables, and avoiding "bad carbohydrates" (high in the glycemic index) such as pasta, sugar, and pancakes. And if you want to look good for a big event within a few days he suggests eating "fish, fish and more fish."

On the topical level, he recommends nutritional skin products such as his DMAE (dimethylaminoethanol) cream ("an instant anti-aging face-lift"), a product that can only be purchased at specific places, such as selected Nordstrom stores or www.Sephora.com. Perricone's tie-in with his personal line of "cosmeceuticals" makes the book feel a tad self-serving. (He even includes an index of where to buy his products.) However, most of his advice is based on solid research and common sense, which gives this celebrity doctor credibility as well as a huge following. --*Gail Hudson*

Review

"Working on some of the most beautiful faces and bodies in the world demands that I keep up with any and all important scientific findings. I'm a big fan of Dr. Perricone's skin care technology-- it's the most profound and effective breakthrough that I've seen." ---- Matthew Van Leeuwen, celebrity makeup artist

"Dr. Perricone's years of clinical and laboratory research have resulted in technological breakthroughs. Powerful antioxidants are actually proving to rejuvenate wrinkled skin." ---- Harry G. Preuss, M.D., professor of medicine, Georgetown University

From the Inside Flap

The Wrinkle Cure

Unlock the Power of Cosmeceuticals for Supple, Youthful Skin

"We do not have to age like our parents. We can hold on to our vitality and look well into our later years. Plastic surgery isn't the only way to keep the aging process at bay. With the proper care, you can have fabulous skin in your forties, fifties, sixties, and beyond."

This is the fundamental idea behind Nicholas Perricone, M.D.'s, revolutionary anti-aging program. Combining cosmeceuticals with healthy nutrition, Dr. Perricone's approach can produce a flawless complexion.

Dr. Perricone begins by explaining exactly how and why your skin ages. You'll learn how to determine and care for your skin type. Every ethnicity and skin tone is addressed. Dr. Perricone presents an aggressive

program that can halt the visible signs of aging. And he explains exactly how and why each component works. The foundation of this remarkable program begins with one of the most common vitamins: C. Calling it the antioxidant avenger, Dr. Perricone explains how this seemingly familiar nutrient is utilized to banish wrinkles and fine lines.

Alpha lipoic acid. It may not be as familiar as vitamin C, but Dr. Perricone proves that it's "nature's most powerful antioxidant." This natural molecule, found in every cell of your body, is the single best nutrient to soften, smooth, and refine every skin type.

On to a miracle nutrient that has the power to give you an instant face-lift. By stabilizing your skin cell membranes, DMAE has the power to improve the appearance of sagging skin. It can remove under-eye bags, firm neck lines, even give you fuller lips. Plastic surgery is not the way to beautiful skin-- Dr. Perricone's plan is!

Dr. Perricone shares a full nutrition plan including skin-savvy supplements. He also unveils the latest findings on every nutrient valuable to skin care, including a new form of vitamin E that is showing remarkable promise for rejuvenating aging skin.

The Wrinkle Cure is the ultimate skin care companion and your guide to a lifetime of flawless, wrinkle-free skin.

ABOUT THE AUTHOR

Nicholas Perricone, M.D., is assistant clinical professor of dermatology at Yale University School of Medicine and has a private practice in Connecticut. He is the author of numerous scientific papers that report his research on aging skin. The doctor is chairman of the prestigious annual International Conference on Aging Skin, which brings together leading researchers from around the world to exchange recent scientific breakthroughs on prevention of the aging process.

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Patricia Koop:

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People live in this new moment of lifestyle always make an effort to and must have the time or they will get large amount of stress from both everyday life and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity

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