

[PDF] The Perricone Promise: Look Younger, Live Longer In Three Easy Steps Large Print Hardcover

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Books Details:

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Author: Nicholas Perricone

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Description:

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.

From Publishers Weekly 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.

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