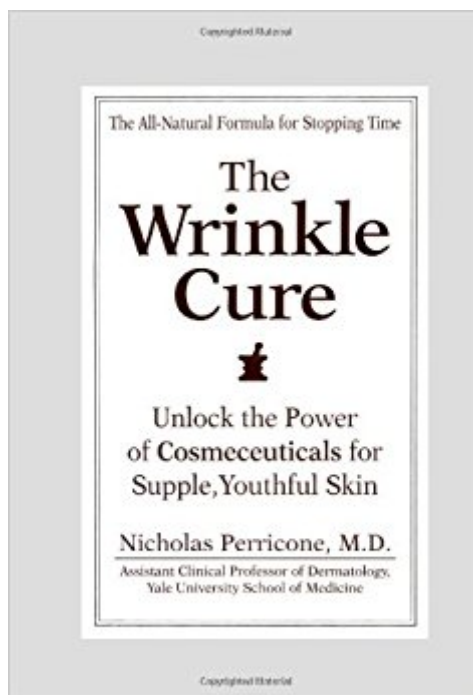


The book was found

THE WRINKLE CURE



Synopsis

Skin Care's Leading Voice Nicholas Perricone, M.D., has done what no other health or beauty expert has done: create the antidote to aging skin. A Yale-affiliated dermatologist and anti-aging expert, Dr. Perricone has spent nearly 2 decades researching the causes and cures of aging skin. The result is an all-natural antioxidant program for skin rejuvenation that goes far beyond surface fixes and produces startling, long-lasting results in every layer and every cell of your skin. Dr. Perricone's breakthrough science has the attention and respect of the medical community, and his skin program is already used widely by world-famous newscasters and entertainers. Now, it is your turn to apply Dr. Perricone's groundbreaking methods to attain beautiful, supple skin! Dr. Perricone's program has been touted in Elle, Glamour, In Style, Town & Country, Mirabella, and Newsday, among other publications.

Book Information

Hardcover: 192 pages

Publisher: Rodale Books; 1st edition (April 1, 2000)

Language: English

ISBN-10: 1579542379

ISBN-13: 978-1579542375

Product Dimensions: 6.1 x 22 x 240.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 106 customer reviews

Best Sellers Rank: #1,241,971 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care](#) #114 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #84639 in [Books > Medical Books](#)

Customer Reviews

"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

“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
“Dr. Perricone brings science to the art of beauty. His breakthrough treatments are pivotal to the success of my artistry.”
—Maria Verel, celebrity makeup artist

I picked up The Wrinkle Cure in a bookstore recently...I was just having a leisurely browse. However, I knew I had picked up something that I must read and heed. The doctor gives wonderful hope, scientific insights, and specific resources for achieving and maintaining beautiful skin for a lifetime. I read the book from cover to cover....and then I put into action his suggestions for internal and external nourishment for the skin. It has been a successful experience. Thank you Dr. Perricone!

Beginning at page one The Wrinkle Cure is an incredible journey into unlocking the secrets of why we age and what we can do about it. Finally, there are real solutions that are scientifically proven to work. And the 3-day Nutritional Face Lift is fantastic. This is a must-read for everyone who wants to stay young looking regardless of age or gender and/or in need of the secret formula for reversing the damage that has already occurred. Highly recommended.

One week, I happened to notice that my skin looked particularly good. I had been eating more than the usual amount of fish that week. When discussing this with a friend, she suggested that I read Dr. Perricone's book. Indeed, his book does recommend a fish diet, as well as other aspects of a diet that will be good for your skin. I do not do everything that the book suggests, but I find that following the diet suggestions has resulted in smooth better-looking skin.

Great book a lot of information. Scientific enough to know the why you will cure wrinkles but not to overly scientific that you don't understand. Well written, great information.

i love, love, Dr. Perricone's book. I certainly learned a lot from this scientist dr. I am very grateful to Dr. Perricone. Now I understand his products a lot more and appreciated him more. Thank you Dr. Perricone. I wish I knew about you 30 years ago. You are truly a brilliant dr. appreciated very much your knowledge. Respectfully F. Stevens

I wish there was more specific information about the amount to add to my face cream.

If you are considering plastic surgery, you need to get this book first. WHY? Well, for one thing, the price is a bargain compared to surgery, even when you throw in the often costly cosmetic and vitamins the author recommends. And if, like me, you see a NOTICABLE difference in your skin, you may realize that plastic surgery can be put off for awhile...maybe even forever. This author has the credentials to back up everything he says and a list of celebrity clients with glowing skin that bear witness to his results. Although I was initially skeptical, I can say that finally, finally, I found something that gets results. The suggestions listed here work - and even better, they work even if you don't follow EVERY single step. Drink more water, take the vitamins, use the products and you'll see a difference. Do more and I assume the results will be better. But even if you don't see a remarkable difference in your skin (although I think you will) in a few days or, at most, a few weeks...and decide you still want plastic surgery, you should still have this book. Why? Because you will be going into the operation with the BEST skin of your life and be prepared to have the BEST results. So, either way, this book is a must-have.

Amazing book! His original and best...you will learn about your body and skin and how you can keep both looking and functioning better longer! A must read if you are concerned about beauty

inside and out!

[Download to continue reading...](#)

The Wrinkle in Time Quintet: Books 1-5 (A Wrinkle in Time Quintet) A Wrinkle in Time: 50th Anniversary Commemorative Edition (A Wrinkle in Time Quintet Book 1) The Wrinkle in Time Quintet (Slipcased Collector's Edition) (A Wrinkle in Time Quintet) A Wrinkle in Time (A Wrinkle in Time Quintet Book 1) The Wrinkle in Time Quintet Boxed Set (A Wrinkle in Time, A Wind in the Door, A Swiftly Tilting Planet, Many Waters, An Acceptable Time) A Wrinkle in Time (A Wrinkle in Time Quintet) A Wrinkle in Time: 50th Anniversary Commemorative Edition (A Wrinkle in Time Quintet) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Wrinkle Cure: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin THE WRINKLE CURE REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Hepatitis C Symptoms, Treatment and Cure: Survivor's true story of 12 week treatment and cure (Hepatitis C Symptoms Treatment and Cure Series) The Herpes Cure: Obliterate the World's Most Annoying and Exaggerated Virus and Finally Cure Herpes (Second Edition, Developed Life Health and Wellness ... Herpes Prevention, Herpes Cure) Book 1) Herpes: HERPES TREATMENT. HERPES CURE.: How to Finally Overcome Herpes and Cure Herpes Forever (Herpes Cure, Herpes Treatment) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Eczema Cure: The Most Effective Solution To Cure Eczema Fast: A Guide To Eczema Treatment, Eczema Cure And Eczema Remedies For Perfect Clear Skin (Eczema, ... Psoriasis, Rosacea, Seborrheic Dermatitis) Forever Young: The Science of Nutrigenomics for Glowing, Wrinkle-Free Skin and Radiant Health at Every Age

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)