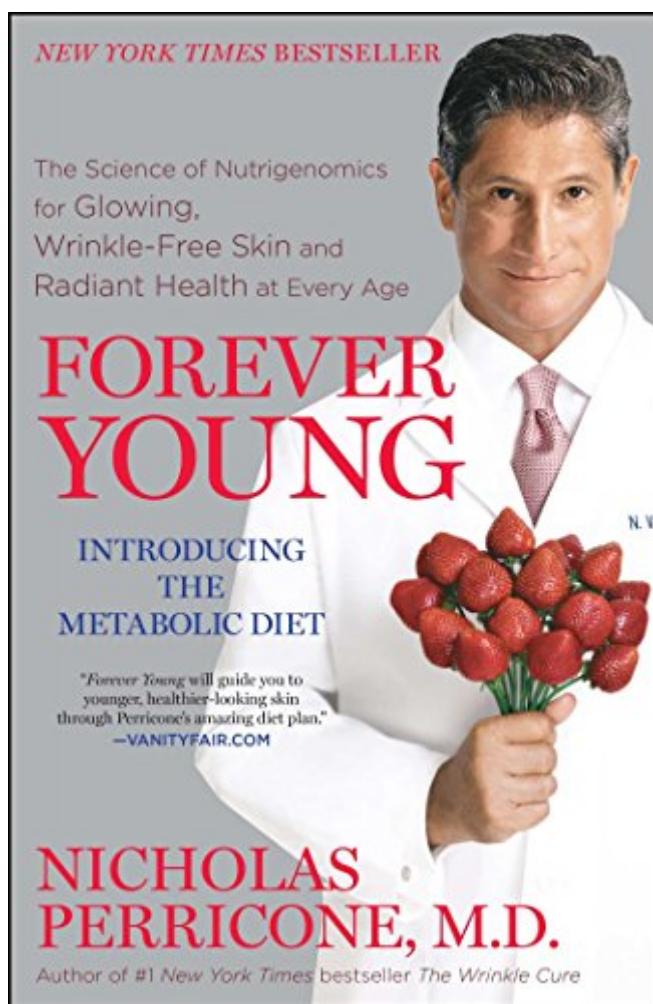


The book was found

Forever Young: The Science Of Nutrigenomics For Glowing, Wrinkle-Free Skin And Radiant Health At Every Age



Synopsis

Dr. Perricone's *FOREVER YOUNG* makes an extraordinary promise: by following a program designed to decrease wrinkles and dramatically improve the appearance of the skin, the reader is also guaranteed more energy, less fat and an improved mood. The core of Dr. Perricone's appeal is his scientific grounding and authority. In a field notorious for the triumph of style over substance, Dr. Perricone is at the cutting edge of new science which is scientifically proven to work. At the core of the new book is an exciting new science on skin: Nutrigenomics and gene expression. With his innovative vision, Dr. Perricone has applied the new science to ease wrinkles, make the skin supple, smooth and glowing. His prescriptive program will shave years off the reader's appearance and will give the reader more energy.

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Customer Reviews

Excellent chemical analysis of nutrigenomics although slightly myopic about how the full complement of nutrients function.

I find this book boring of all the ones I've actually read. I can't seem to finish it, so I look for the chapters that seem to capture my interest. It's a bit much and overwhelming. I usually love reading anything about aging and skincare regimens, but I just can't seem to get into this one. There are much better books out there, but I did get this book for a good price, maybe one day I'll get into it.

Dr. Perricone comes through once again as he thoroughly explains healthy living in easy to understand scientific terms; he provides the information in simple to understand language, making it easy to follow. His commitment to staying young and healthy is unparalleled.

GREAT BOOK AND VERY INFORMATIVE.

I really love his ideas and believe he truly is on the tip of wonderful things. I found the book informative and useful, there is a good breakdown of information and supplements for skin and foods that enrich your skin and body. I haven't found great results with his products, unfortunately, they tend to pill on my skin instead of soaking in. Kudos though since I think he has the right idea ingredient wise. sounds good anyway.

Dr. Perricone's theory of inflammation as the source of weight gain and retention worked out well for me. I lost nearly a full size in 10 days! Friends who did the diet along with me lost 6 and 7 pounds. Previously, I never lost more than three pounds in a week's dieting. The 10 day metabolic diet gives a menu and suggested supplements to aid weight loss and keep blood sugar on an even keel. Dr. Perricone writes he designed the diet to ensure comfortable success, and he succeeded.

There is a lot of useful information in Dr. Perricone's book "Forever Young". It's a shame that a non-inflammatory diet is not common knowledge in this country. Eating a healthier diet would definitely take a great load off of the dependency on medications in our country, but until there is a great change in the conventional medical approach of treating symptoms instead of searching for the root cause of a medical issue, most people will just continue to take a pill and believe that's all they can do. Forever Young gives examples of what you can do to take control of your life and possibly have a more fulfilled "quality" of life.

Overall it is an interesting book. I have read quite a few of his own books and find something new

and interesting in each one. I have read a couple of Dr. Perricone's books. All say basically the same thing, diet is everything. I would recommend this to anyone.

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