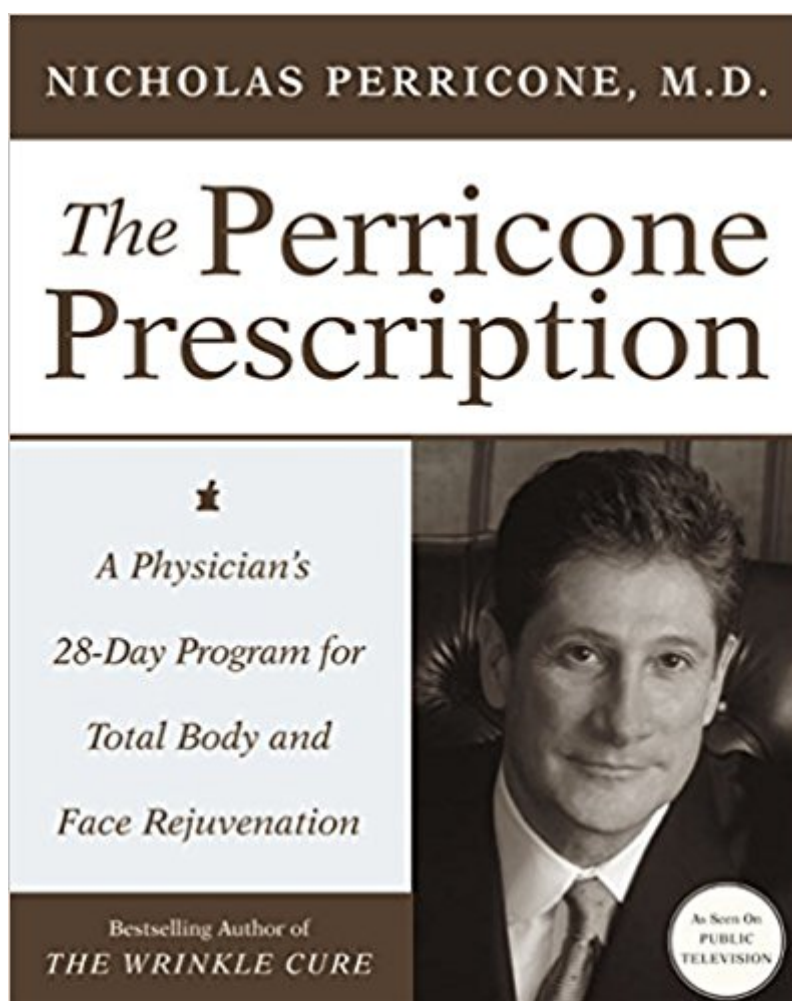


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# The Perricone Prescription: A Physician's 28-Day Program For Total Body And Face Rejuvenation



## Synopsis

Most people believe that sags, bags, and wrinkles are on the face and body are inevitable. Many people choose to temporarily circumvent these signs of aging with surgery, chemical peels, Botox injections, or laser treatments. The good news, according to research scientist and practicing dermatologist Nicholas Perricone, M.D., is that by following a simple program of diet, exercise, and skin care you can prevent and even reverse many signs of aging. The Perricone Prescription clearly and succinctly explains the solid laboratory research behind Dr. Perricone's revolutionary theories, revealing that inflammation at the cellular level, precipitated by poor nutrition, pollution, sunlight, irritating skin care treatments, and stress, is the single most powerful cause of the signs of aging. Dr. Perricone gives you the knowledge and the tools to fight that inflammation from the inside out, while at the same time decreasing the likelihood of heart disease, cancer, diabetes, arthritis, and a host of other degenerative diseases.

## Book Information

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## Customer Reviews

Healthy, vibrant skin depends more on what you put in your cheeks than what you rub on them, says dermatologist Nicholas Perricone. In *The Perricone Prescription*, fresh salmon tops the list of must-eat foods for total body rejuvenation. In fact, it is the star of Perricone's "Three-Day Nutritional Face-Lift," a convincing trial run for those who are a bit hedgy about committing to his 28-day diet and his supplement, skin care, and exercise regimen. Perricone's clear explanation about the adverse effects of inflammatory foods persuasively argues for shunning destructive, low-fat favorites

(including watermelon, carrots, and bagels) and "culinary horrors" like pizza, pasta, and beef. Better to eat anti-inflammatory choices (those with a glycemic index of 50 or less) like salmon, halibut, and trout. While the book's mega list of recommended supplements is a bit hard to swallow (literally and figuratively), the supportive information Perricone supplies about each is certainly helpful. Another detailed grocery list--this time for topical anti-inflammatories--addresses skin care, and his wrinkle-free fitness plan promotes flexibility, muscle strength, and endurance. Finally, a handful of savory recipes offers respite to those who only know how to broil. So, despite all the salmon (and the angry kids whose parents have purged their high-glycemic kitchens), Perricone's prescription doesn't sound fishy at all. --Liane Emory Thomas

Perricone (*The Wrinkle Cure*), a professor of dermatology at Yale Medical School, believes that relatively simple changes in eating can effect dramatic changes in physical appearance and well-being. He has created a month-long program broken up into daily menus as well as a more restrictive three-day regimen designed to produce immediate results. Perricone's guiding principle, which he explains in some depth, is to reduce inflammation at the cellular level, which, he believes, causes the skin to age and is also linked to degenerative disease. Perricone suggests that protein and some fat is essential for everyone. He is particularly keen on the benefits of fish. Certain foods high in carbohydrates cereals, breads, bananas are taboo in this plan because of their high glycemic index; they cause a spike in blood sugar and prompt the body's insulin response, which stores rather than burns fat and causes inflammation. Perricone also recommends an exercise regimen, and nearly a third of the book is devoted to a discussion of antioxidants, vitamin supplements and creams. Some may question his nutritional theories, and others may find the diet difficult to stick to, with its almost total restriction of starchy foods. Still, Perricone is a proponent of Barry Sears's *The Zone*, and readers who have followed that book and Perricone's own bestselling earlier volume will probably appreciate this one. Copyright 2002 Cahners Business Information, Inc.

This is a go-to book for anyone seeking a life-style change to follow an anti-inflammatory diet plan and understand the science behind why certain foods are on the list and why others aren't. Stick to the list of foods to eat and you will make an amazing change in health and well-being. I gave this one as a gift. A must-read for anyone wanting to understand how foods affect your body. Practical and easy to understand. Mark the pages for the list of foods to eat and keep it handy for reminders until you have it memorized!

I have been following/reading about Dr. Perricone since I was 21. Now I am 39 and my skin (besides my forehead wrinkles!) looks great!

I bought this book for a friend, but I have been following this life style for about ten years. I am now a quadriplegic and still remain healthy and progressing constantly. My skin is in great condition, as well as my overall energy, stamina and well-being. I am 61 years old, but don't look it or feel it. I highly recommend this book and suggest you buy used. So far I have bought three and all three are like new.

I caught The Perricone Prescription video one afternoon on a public television station. After 5 minutes, I had grabbed a pen and was scribbling furiously. All of the skin, energy level and body issues he was describing were me! I ran out to the local supplement shop and bought some of the supplements he recommended and started taking them. I saw an almost immediate dramatic improvement in my skin, memory and energy levels just based upon a few notes on supplements from the program. I put the book on my wish list and FINALLY got it a year later. The book and diet is based upon the premise that by stripping inflammatory 'toxins' from the diet and by beefing up the body with oils and substances that help it create healthy chemicals for the brain, skin and body, your skin and body undergo a 'makeover'. Although the whole makeover bit is appealing to many, in my opinion, it's simply your body 'getting healthy'. The book is fantastic. If you're into having a healthier lifestyle and you want to know the ins and outs of why you should do certain things, this book is for you. The ONLY down side is that the diet isn't as 'accessible' to those who aren't fully dedicated or able to throw themselves behind a diet like this. It takes more prep time than an ordinary meal in a busy household and there are a variety of ingredients. That said, it isn't a reflection on the book. The book is well written with instructions and complete information on every topic it covers - including recipes. Even gleaning what I could reasonably use from this book has made a ton of difference in my life. I have a disorder that benefits from stripping inflammatory substances from my body and this diet did the trick. I very highly recommend this book to anyone looking for a 'change your body, change your life' type book.

I have used this book for years, also bought it for several other people. as i would never loan mine. I have arthritis and it helps with the inflammation. I took myself off celebrex a year ago. My sister broke her arm so i stayed with her five weeks (I had already sent her the book) so I put her on the diet and she loved it. I measured her angles when we started, 10 1/2" it went down to 8 1/2" before I left. She

lost 20lbs and her arm healed a week sooner than it should have. I tell everyone about this book.

The Perricone perscription offers a fresh approach to healthy eating. I found that my skin did get healthier, and since the skin is a mirror on the inside of my body, I know that the program is healthy. I read about how inflamation is at the root of many diseases, and this diet really reduces inflamation in the body. I also lost weight on it. The diet certainly gives a lot of food choices in the fruit and vegetable catagories, but will not work for anyone who does not like seafood.

I initially borrowed this book from the library and decided to buy it because it is such a good reference. I really like the whole approach with healthy eating complemented by supplements contribute to weight loss and improved skin. The explanations are very detailed but understandable, which helped me to stick to the program which has actually evolved into a lifestyle for me. I do believe the advice provided will contribute to reducing my risk of heart disease and cancer while giving me immediate payback of better skin and weight loss. My skin is truly more attractive with fewer, or less deep, wrinkles (I'm a 53 year old woman)and I do feel more energetic. I also purchased Perricone's Weight-loss Diet which continues along the same line but with a deeper focus upon weight loss.

It's my go to for reducing inflammation. I have bought this book 3 times now because my friends don't return it.

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