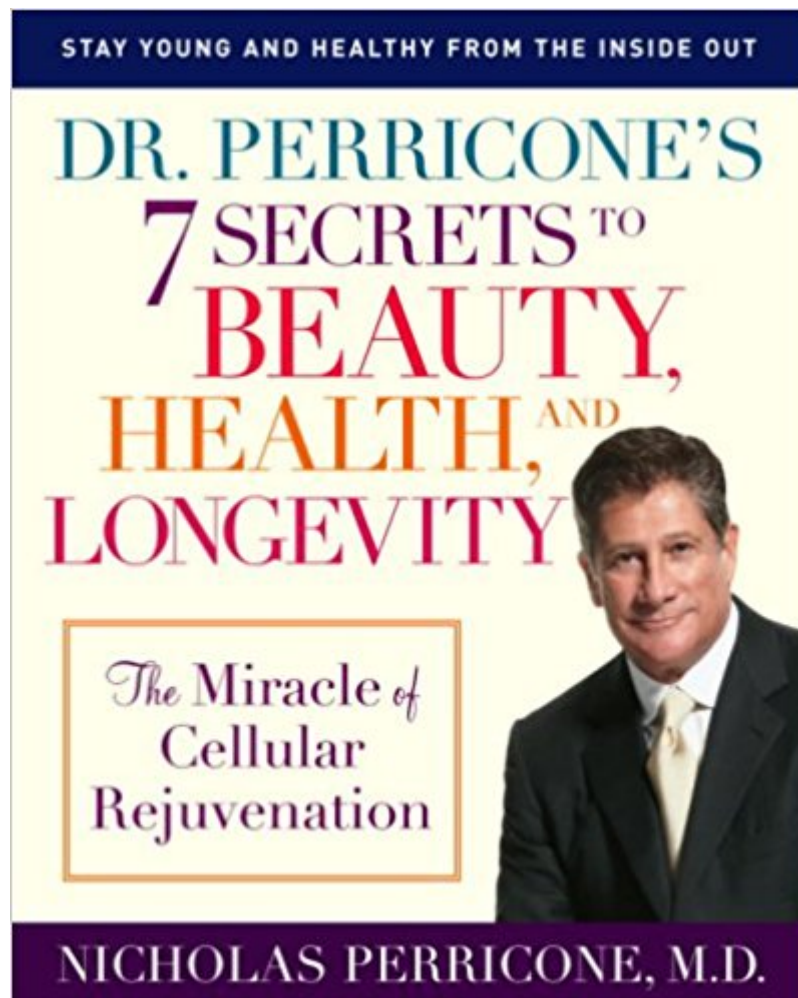




Ebook Directory
the best source of ebook

The book was found

Dr. Perricone's 7 Secrets To Beauty, Health, And Longevity: The Miracle Of Cellular Rejuvenation



Synopsis

He has shown us how to smooth our wrinkles, and helped us slim down without feeling deprived. Now #1 New York Times bestselling author Dr. Nicholas Perricone gives us an anti-aging program that unveils the miracle of cellular rejuvenation. These seven powerful strategies are not only easy to follow but present a plan for total health designed to help us look and feel great by age-proofing us from the inside out. Taking a holistic approach that taps into cutting-edge science, Dr. Nicholas Perricone reveals how to rev up our cellular metabolism so that we can stay healthy, strong, and energetic, while keeping our skin soft, smooth, and supple. These strategies will help us reverse osteoporosis, restore bone structure and muscle mass, revitalize brain cells, reduce the chances of heart disease and cancer, elevate mood, manage blood sugar, and slim down and stay trim. Inside Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity you will discover the six kinds of food you need to eat every day, as well as healthy and delicious snacks including a vegetable that both suppresses appetite and builds muscle new findings about the best nutritional supplements to win the fight against aging revolutionary skin rejuvenating secrets for radiant, toned, and youthful-looking skin the role of pheromones in curbing depression, boosting self-confidence, triggering weight loss, and improving libido the essential oil that is more powerful than antibiotics an exercise plan that will shape your silhouette and strengthen your bones in as little as ten minutes a day delicious recipes, easy shopping lists, and a guide to safe cookware so that you can create your own anti-aging kitchen Dr. Perricone's trademark tips about new products that really work and where to find them Whether your aim is to look younger, improve your health, or just feel great, you'll see fast results by following Dr. Perricone's simple program. These seven indispensable secrets will keep you beautiful, healthy, and young all through life. From the Hardcover edition.

Book Information

Paperback: 352 pages

Publisher: Ballantine Books; Reprint edition (November 13, 2007)

Language: English

ISBN-10: 0345492463

ISBN-13: 978-0345492463

Product Dimensions: 7.4 x 0.7 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 38 customer reviews

Best Sellers Rank: #758,936 in Books (See Top 100 in Books) #72 in Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #134 in Books > Health, Fitness & Dieting > Aging > Longevity #526 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing

Customer Reviews

Advance praise for Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity

"Once again Dr. Perricone's quest for successful and safe dietary interventions has taken the science of nutrition to another level. The seven secrets focuses on cellular rejuvenation beginning with the mitochondria, the energy producing part of the cell. Step-by-step, learn how to rebuild organ systems, rejuvenate aging skin, and eliminate body fat while maintaining muscle mass and rebuilding bone. Dr. Perricone continues to show, clearly and succinctly, his leadership in formulating a healthful life style." — Harry G. Preuss, M.D., M.A.C.N., C.N.S., professor of physiology, medicine, and pathology, Georgetown University Medical Center, Washington, D.C.

"There are a lot of things about Dr. Perricone's science that really resonate with me. Here is one of them: growing up Italian has kept me in touch with the magical properties of olive oil. Dr. Perricone has taken this and others to a new level!" — Steven Tyler, lead singer, Aerosmith

From the Hardcover edition.

Nicholas Perricone, M.D., is the #1 New York Times bestselling author of The Perricone Weight-Loss Diet, The Wrinkle Cure, The Perricone Prescription, and The Perricone Promise. He is a board-certified dermatologist, award-winning inventor, research scientist, and internationally renowned anti-aging expert. He is the focus of a series of award-winning PBS specials, and a popular guest on Oprah, Today, 20/20, Good Morning America, and Larry King Live, among many other programs. He is currently adjunct professor of medicine at Michigan State University's College of Human Medicine. Visit the author's website at www.nvperriconemd.com.

From the Hardcover edition.

I'm still enjoying the read from this book. Very scientific (well as far as I am concerned anyway), packed with amazing information about many aspects of health. I use this man's products and have read other books of his. I find him trustworthy, and when I follow the information in the book, I most certainly feel better.

Book arrived in great time undamaged. Started reading haven't finished but so far a great read.

We're all going to age but why not do so as gracefully and as comfortably/healthfully as possible?
This book makes it easier.

Amazing info

There is a lot of great content packed into this book. Dr. Perricone writes about the benefits to eating certain foods and taking specific supplements. I have been taking his advice and am very pleased with the results. After all, it can't hurt. The book is easy to read and understand. The language doesn't get too scientific on you, even though it is writing about the science of these foods and supplements. All of his recommendations are things that can actually be done, without too much effort.

Greatest positive information on how to improve your looks, life, health. All based on sound scientific evidence. Easy to read and understand.

I have a few perricone md books and I love to read them because it has a lot of information on health & beauty...

Thanks.

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

Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation
The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation
Soul Mind Body Science System: Grand Unification Theory and Practice for Healing, Rejuvenation, Longevity, and Immortality
Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation
Cellular and Molecular Immunology: with STUDENT CONSULT Online Access, 7e (Abbas, Cellular and Molecular Immunology)
Cellular and Molecular Immunology, 8e (Cellular and Molecular Immunology, Abbas)
Cellular Function and Metabolism (Developments in Molecular and Cellular Biochemistry)
Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels)
The Miracle of Fasting: Proven Throughout History for Physical, Mental, & Spiritual

Rejuvenation Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) The Nordic Secrets For Perfect Health! Scandinavian Rx's For Health, Happiness and Longevity! The Detox Miracle Sourcebook: Raw Foods and Herbs for Complete Cellular Regeneration Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity The Perricone Promise: Look Younger, Live Longer in Three Easy Steps Coconut Oil and Apple Cider Vinegar: 2-in-1 Book Combo Pack - Discover the Amazing Health, Beauty, and Detox Secrets of Apple Cider Vinegar and Coconut ... - Detox - Weight Loss - Hair - Beauty) The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment The Water Prescription: For Health, Vitality, and Rejuvenation Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy, and Endurance Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1) Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)