



Dr. Perricone s 7 Secrets to Beauty, Health and Longevity (Paperback)

By Nicholas Perricone

Random House USA Inc, United States, 2007. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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...



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