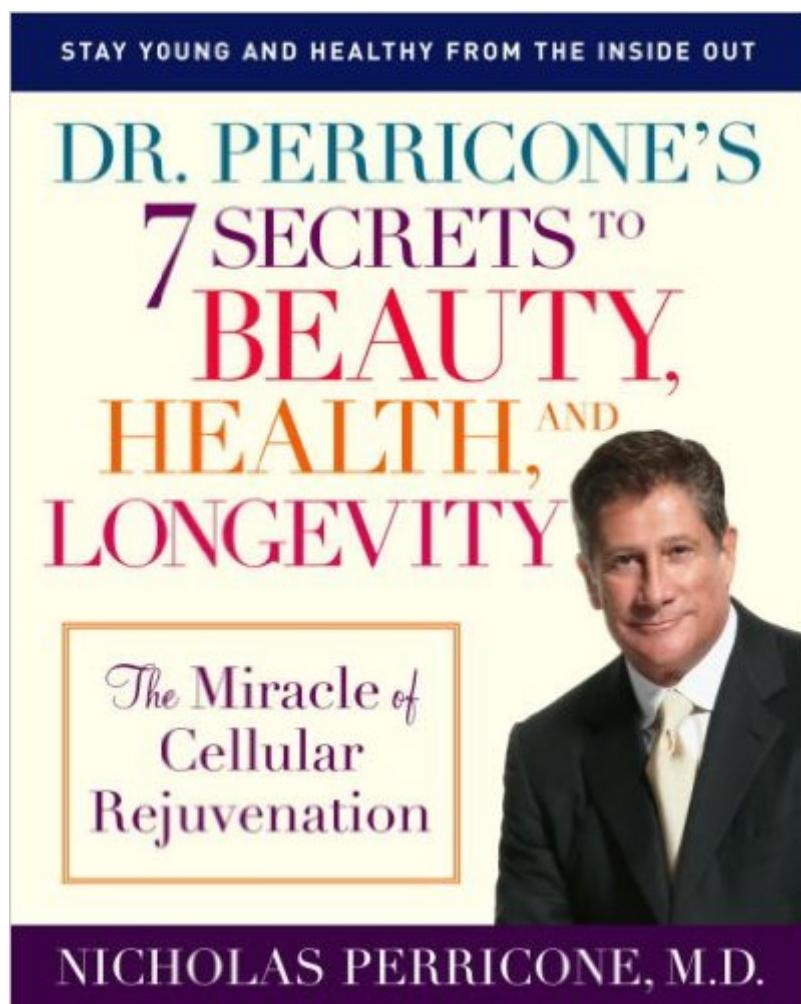


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# Dr. Perricone's 7 Secrets To Beauty, Health, And Longevity: The Miracle Of Cellular Rejuvenation



## 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

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## Customer Reviews

Perricone's "secrets" amount to good nutrition, moderate exercise, and widely available and widely used anti-oxidant supplements. I see Perricone lecturing on PBS and people taking notes furiously as if it were some sort of revolutionary science he is promoting. It is not. It is a mildly intriguing Linus Pauling-esque theory that inflammation is the driving factor behind cellular aging and consequently that nutritional supplements can suppress the inflammation and stop the aging process. I don't fault him for promoting his theory, I just wonder why more people who should know better don't hear little warning bells going off when they read his very strong claims that could potentially be supported with real research but are not. They are not presented as theories in most of this work, they are presented as marketing claims for selling supplements. The popularity of this material is not hard to explain. Perricone is not originally a vitamin peddler who was trying to build scientific credibility, he is a doctor who already had some credibility, presumably, then became a vitamin peddler. We are all impressed by a doctor who seems to be getting past drugs and surgery to look at health and wellness in a scientific way. Especially when he does a good job promoting a rosy vision of a future where aging is understood and life is prolonged. I give him credit for this just as so many others seem to do. But I am also not finding as much substance when I look more deeply at the details. I already knew a lot of the cellular chemistry about metabolism, so his discussions did not particularly hold me in awe as they seem to his PBS audiences. I was able to look more specifically at what what supposed to be his unique ideas.

I really enjoy the books of Dr. Perricone. I think that he knows what he's talking about. This book continues the philosophy of his other publications: chronic inflammation (or the love of pro-inflammatory foods) is the root of all physiological evil. This book focuses on cellular rejuvenation, in particular, the need to protect the mitochondria (the powerhouse of the cell and site for ATP production, as we all learned years ago in high school biology) from extensive and lethal DNA damage. Dr. Denham Harman's free-radical theory of aging is now universally accepted to the point that food marketers have picked up on the hype of "antioxidants" (molecules that lend an electron to an excited free oxygen radical, thus stabilizing it and preventing oxidative damage to

cells). In all the years my family has purchased boxes of Lipton black tea, we had never been informed until recently that we are in fact drinking in 105mg of Protective Antioxidants per serving. Dr. Perricone worked with Dr. Harman's free-radical theory and related it to his hypothesis that inflammation is the underlying cause of disease and aging. I think that Dr. Perricone and Dr. Harman are far-sighted scientists/physicians, and now the rest of the medical world is backpedaling and accepting the free-radical and inflammation-underlying-disease theories. Dr. Perricone says that Dr. Harman's work went unnoticed and unappreciated for decades. Fortunately, Dr. Perricone had the foresight to evaluate and later champion this free-radical theory before it became common knowledge. Another theme that Dr. Perricone comes back to time and time again is the need to control blood sugar levels, even if you are not diabetic.

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