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The Perricone Promise:
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by Nicholas Perricone

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In The Perricone Promise, he claims that his 28-day program will help stop and even reverse the aging process, making anyone who follows his advice "look and feel ten years younger."

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Perricone says the brain and the skin both start out as the same embryonic tissue, so it follows that any efforts aimed at improving one's complexion will also improve one's memory and overall sense of well-being.

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Dr. Nicholas Perricone has helped millions of people maintain younger-looking skin. But in order to truly look and feel younger, listeners must preserve the entire body, not

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more youthful years to

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skin clear and healthy?

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in anti-aging medicine.

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I recommend "The Perricone Promise" to anyone who wants to lead a healthier lifestyle and have younger looking skin. It is actually a continuation of the idea presented in his previous book

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"Perricone
Prescription". Dr.
Perricone has an easy-
to-read writing style. In
addition, the book is
not only informative
but also inspiring.

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Utilizing the biggest breakthrough in anti-aging medicine in years, protein-like substances called peptides and

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Now, New York Times best-selling author Dr.

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