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The Science of Nutrigenomics
for Glowing,
Wrinkle-Free Skin and
Radiant Health at Every Age

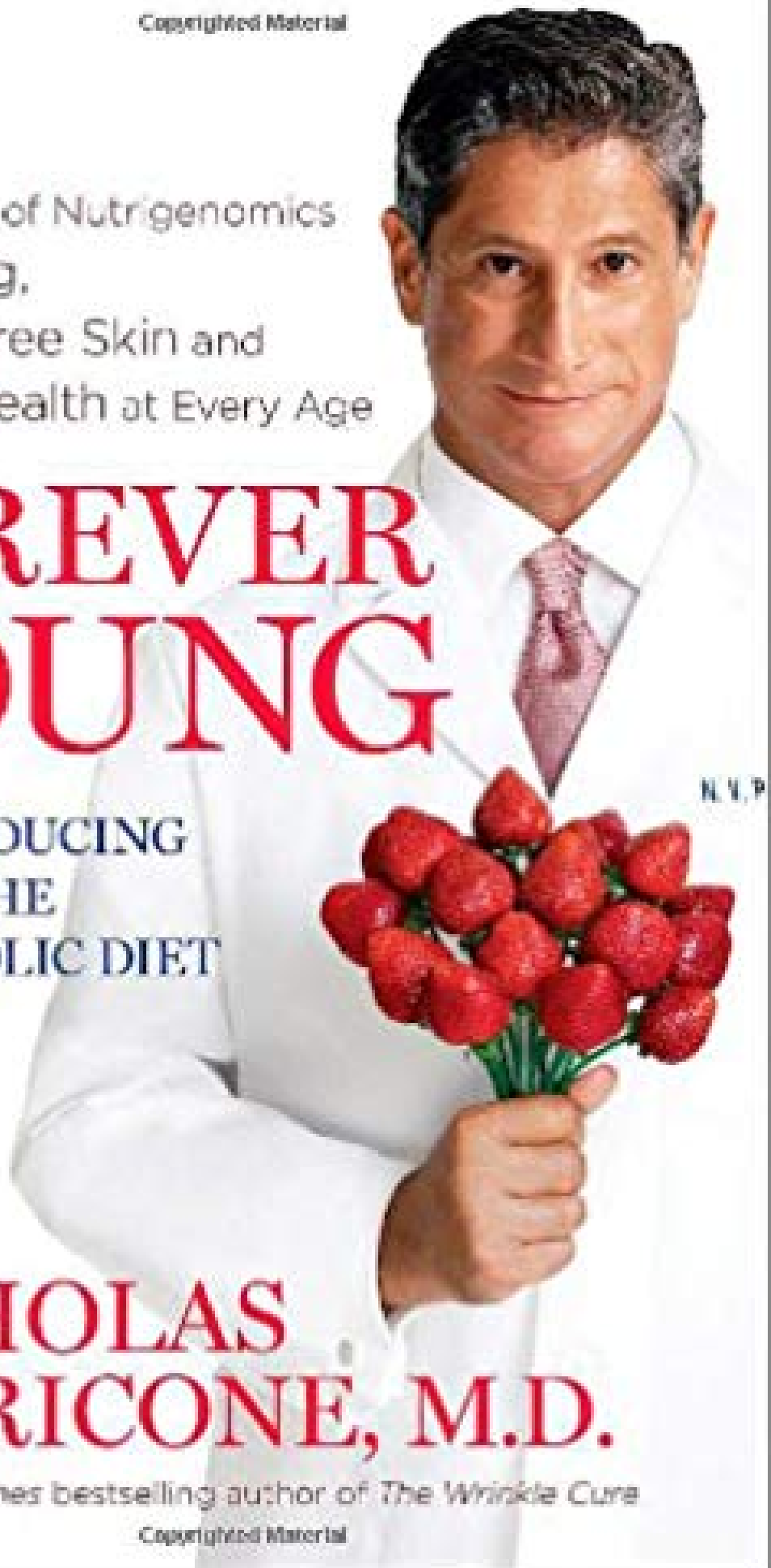
FOREVER YOUNG

INTRODUCING
THE
METABOLIC DIET

NICHOLAS
PERRICONE, M.D.

#1 *New York Times* bestselling author of *The Wrinkle Cure*

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Nicholas Perricone

Forever Young: The Science of Nutrigenomics for Glowing, Wrinkle-Free Skin
and Radiant Health at Every Age



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Dr. Perricone's Forever Young makes a fantastic promise: by carrying out a program made to decrease wrinkles and dramatically improve the appearance of your skin, the reader is also guaranteed more energy, much less fat and a better mood. The core of Dr. Perricone's appeal is his scientific grounding and authority. In a field notorious for the triumph of design over substance, Dr. Perricone reaches the cutting edge of new science which is scientifically proven to work. Perricone has applied the new science to help ease wrinkles, make the skin supple, smooth and glowing. His prescriptive system will shave years off the reader's appearance and can give the reader more energy. At the primary of the new book is an exciting new science on skin: Nutrigenomics and gene expression. With his innovative vision, Dr.



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