

NEW YORK TIMES BESTSELLER

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

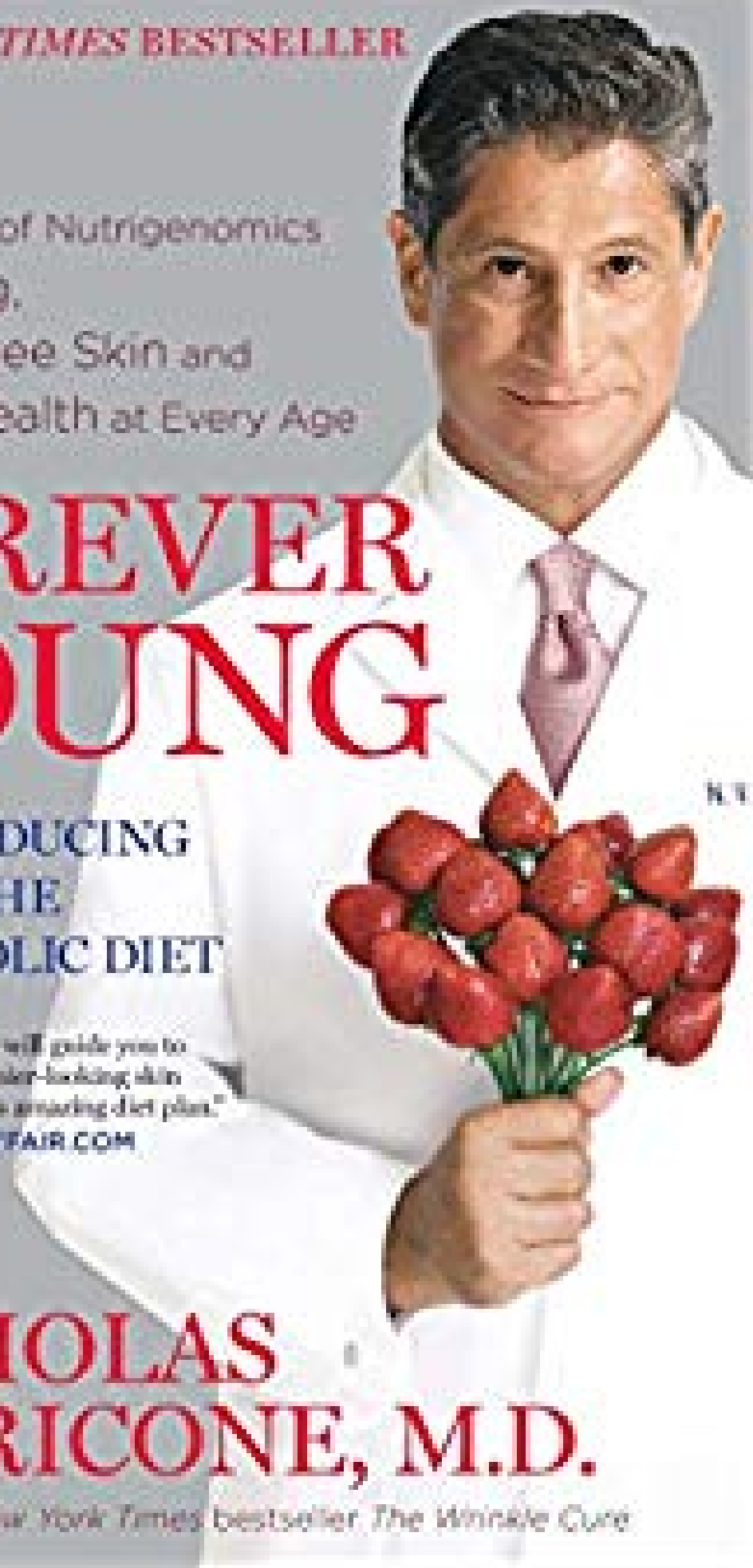
FOREVER YOUNG

INTRODUCING
THE
METABOLIC DIET

"Forever Young will guide you to
younger, healthier-looking skin
through Perricone's amazing diet plan."
—VANITYFAIR.COM

NICHOLAS
PERRICONE, M.D.

Author of #1 New York Times bestseller *The Wrinkle Cure*



Nicholas Perricone M.D.

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



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Dr. Perricone's Nutrigenomics and gene expression makes an extraordinary promise: by carrying out a program designed to decrease wrinkles and dramatically improve the appearance of the skin, the reader is also guaranteed more energy, much less fat and an improved mood. The primary of Dr. Perricone is at the cutting edge of new technology which is scientifically which can work.s appeal is his scientific grounding and authority. At the core of the new book is an exciting new technology on pores and skin: FOREVER Adolescent Along with his innovative vision, Dr. Perricone's prescriptive program will shave years off the reader's appearance and can give the reader more energy.



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