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"The best part of Dr. Youn's many tips is that they will not only improve your outward appearance without surgery, they can also help improve your overall health."

—DR. TRAVIS STORK, ER physician, host of the Emmy Award-winning, syndicated series *The Doctors*, and bestselling author

The **AGE** **FIX**



**A LEADING PLASTIC SURGEON
REVEALS HOW TO REALLY LOOK
10 YEARS YOUNGER**

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CHAPTER WITH
THE LATEST
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ANTHONY YOUN, MD with **EVE ADAMSON**

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Anthony Youn

The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger



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Don't buy another overpriced cream. Hold off on that invasive process. Now he's compiled answers to every beauty aging issue in this definitive anti-maturing bible. Get your actual age Fix. Here's what the experts know but aren't informing you-until today:- The drugstore brand could be just simply because effective-or better-than the expensive cream at your dermatologist's office- Surgery generally isn't the best solution- Organic, DIY creams can in fact get results, using things that cost pennies - Diet plan can be your best protection against redness, acne, great lines, and lines and wrinkles. Dr. Whether you need to stay as natural as possible or you're interested to learn which creams and surgical procedure actually work (and so are worth the price tag), THE AGE FIX has your fix to look more youthful and more radiant. He's spent days gone by sixteen years researching the secrets of plastic surgeons, dermatologists, makeup performers, and dietitians, and he knows what functions, what doesn't, and what's overpriced. Stop preventing the reflection in the mirror. Anthony Youn is the rare plastic surgeon who does everything he can to maintain his patients out from the operating space. Dr. Did you know the foods you select every day can donate to good lines and lines and wrinkles and the likelihood of your obtaining a sunburn? Youn's customizable Age group Fix routine will help you improve skin health, whatever your age or problems, and his diet-structured Age Fix prescription will rejuvenate your skin layer and general health from the within out. Dr. Youn clarifies why you need to shun soda but reach for that glass of red wine. You will also discover which fruit will help you look young and prevent sun harm and which health supplements are proven to reduce good lines. From your own face, to your neck, your hands, your eyes, as well as your body, THE AGE FIX has you covered with an abundance of actionable takeaways and insider advice to assist you reclaim your youthful glow-without spending a lot of money or going under the knife!



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Finally - A Book That Lays EVERYTHING Out Honestly I've read many books upon this subject and lastly found one which actually gives the entire picture in detail - a one-stop resource that is easy to read, use, and follow. Author Young reduces each aging issue (from crow's feet to frown lines) and then gives all the options available to address them: from homeopathy, cosmetics, inexpensive drug store products, high end beauty products, laser light treatments, to plastic surgery. And yes, the author is a plastic surgeon but that's actually not really the emphasis here nor is it even encouraged. Youn's suggestions or make educated choices on the market place. The book reduces the following: Youth and beauty; The selections were based on learning ideas in the book so I could try Dr. When the physician discovered this intervention was helpful, he told my in accordance with "keep on carrying it out". and plastic surgery; Your skin, your age, your beauty;, Clinique foaming wash), to prescription treatments from your doctor (e. This fix diet; Improving your portrait; This is important to understand in relation to how the services or products work on the skin that are recommended later. Other youth and beauty problems; Reshaping your curves; I selected skincare products in my cost range to test out Retinol during the night, antioxidants under a zinc oxide sun block during the day, and Vitamin B3/Matrixyl/hyaluronic acid/ceramides at will. Appendix 2 if you need a plastic surgeon; He is an extremely honest and kind soul and he actually understands his stuff. The introduction briefly explains skin and how it ages. Eye repair; Included is a very informative Q&A of the very most common questions asked (e. I have met Dr I have read this book many times., "Can I change how big is my pores? Good for Doctors to learn as well As a facial cosmetic surgeon, I recommend this book!"). The next section addresses age conditions that people wish to fix. He performed the grin lift on me, a procedure he discusses in the publication.g.g., Nivea cleanser), choices among the higher end department shop brands (e.g. The age-fix routine;), specific drug store brands (e. Buy this book , you won't be disappointed . Must read for those who want to look and feel their greatest in today's visual culture. It's a full deal of solutions, with the recommendations obviously marked with an "Age group Fix Favorite" icon for every section. The suggestions cover a full selection of options - so income is definitely no problem here. After the age issues, the book provides a simple routine to keep skin supple - coping with everything from harsh Winter dry air to UV light. Rest, water, SPF sunscreens, pillows - all discussed and demystified. Following the routine is diet - with specific meals to help with different problems. Youn moves you at night clutter and misinformation on the web, making this a valuable resource for even doctors, like myself, to read. the book is short and precise. A big section is specialized in makeup and cosmetics in addition to natural scrubs and creams. Often, they are even better than surgery at mitigating trouble areas. Solutions for avoiding botox needles, helping wrinkled décolletage, to fixing stretched earlobes are protected. Remember that the book is not only about the face - cleavage, belly, breasts, droopy rear end - it's all right here. I would recommend this book to everybody. I've waited a long time for a book with actual answers that included product names which we are able to go out and buy immediately - with a good list of reasons where you might be much better than the various other (or one is usually a comprehensive waste of money). What we have listed below are options - all of which can be applied with understanding and alacrity immediately upon reading. This is an excellent resource - one I recommend for finally telling it like it is usually and without meandering or generalizations. Reviewed from an advance reader copy provided by the publisher. If collagen is the problem, must i try collagen cream? Remedies such as for example Intense Pulsed Light Therapy (IPL) are also talked about along with medical procedures. Dr. Youn has put a lot of work and insight into easy to read resource. Can you find all this info on the internet? That's the main reason I bought this publication, as I don't desire to waste money on expensive items that do nothing at all. We tried the following: At night I'd place handful of Retinol/glycolic acid cream on the back of his

hands. It's thorough but hardly ever drones endlessly; We aren't getting any youthful, and every bit helps. It is normally filled with information that anyone might use. Everything that I attempted from this book has worked. Youn for your commitment and dedication to improving the lives of others (: Worth it for product advice I felt that I was getting a consultation with a plastic surgeon on what items actually work that you can buy over the counter. Not as focussed and well presented as you will see here. He lets you know honestly what you can appropriate with products and what takes a procedure. Worth the money for the knowledge which seems mainly unbiased even though some of the products he recommends are only offered in doctor offices. But most are simply at the drugstore. Money well spent for healthy, younger looking hands. I am somebody who, due to allergies and sensitive epidermis, has not used many cosmetics or skin care regimens for many decades. Instead, I have been limited by avoidance of pollutants and radiation, eating healthy foods and getting enough rest and exercise. A couple months ago, I heard an interview with Dr. Youn on the air and decided to choose the book. Here's what happened. Maturing gracefully, Appendix 1 Product resources; Myths about beauty; Rather, they are fixes to prevent people from going under the knife whenever there are therefore many other possibilities. Five Stars love this reserve After in regards to a week, my face and neck became irritated and I was able to determine that the issue was just a touch of glycolic acid in the Retinol cream. I switched to a Retinol/hyaluronic acid formulation and the discomfort was significantly diminished. After about five weeks, my encounter and neck appeared hydrated and healthier, that was nice. The surprise was my hands. They looked less bony, plumper and more actually in coloration. At 52, I came across many sound, sensible solutions to aging and staying healthy. The icing on the cake was whenever a relative of mine was having problems with skin tears on one hand. Dr. In the morning, I would apply an antioxidant serum over the backs of both of this person's freshly washed hands. The skin tear was curing quicker than usual which delighted my relative. A few days later, he visited his skin doctor on another matter and his doctor asked him about his skin tear. Skin care; A waste of money Does not work.g. Every time I find something great. I've fulfilled Dr. Youn. Each type of issue has a full range of suggestions - from natural (fruit peels, etc. references, index. Many thanks Dr. Interspersed throughout are cautions to make sure that readers in their enthusiasm don't do more harm than good. Ignoring these suggestions can unnecessarily accelerate your ageing., Obagi Nu-Derm). specific advice on treatments and products. Tried some of the facial creams and serums recommended with happy results. Had to find them on the web because they weren't easily available in my region but that was no problem. I first saw Dr. Youn on PBS and loved the program enough to purchase the book. It will be an excellent reference for other areas of aging as time passes. YES! The Honest All-About Info I WANTED I was looking for a one-stop description (as opposed to parsing out endless magazine content and web queries) of anti-aging treatments, techniques, and products and this book does that and also includes healthy food information and even meal programs. Rather than push for plastic surgery, this plastic surgeon lays out all of the options objectively - including carrying out nothing and ageing normally. It's an excellent info source to help determine between dermatologists, facialists, nutritionists, or plastic material surgeons. Skin-Deep Reading A good go through for all the people out there who are pores and skin enthusiasts, who adore their body more than anything else and who want to make their health important in their life. great advice and secrets excellent book, easy reading. Great Reference An intensive, well mapped out tool for all ages. Each time I find something great. A waste of money Youn groupie Follow dr youn podcast, been to office once for demos, truly a nice read One Star Not what I thought it will be Five Stars for my wife. I used the products on my face, neck and hands.



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