

# Nicholas Perricone, M.D.

*#1 New York Times Bestselling Author*

*Four Weeks  
to a Flawless  
Complexion!*

*Originally published as The Acne Prescription*

As Seen  
on Public  
Television

# The Clear Skin Prescription

The Perricone Program to **1** Eliminate Problem Skin

Nicholas Perricone

## The Clear Skin Prescription: The Perricone Program to Eliminate Problem Skin



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From the #1 NY Times–bestselling writer of The Perricone Prescription and The Wrinkle Cure comes a powerful brand-new weapon in the battle for clear and healthy skin. Regardless of your age, competition, or gender, here's everything you need to learn about acne –, now turns his understanding and experience toward pimples.inflammatory diet plan, targeted acne– Although frequently regarded as an unavoidable teenage problem, the truth is millions of adults suffer from this inflammatory disease well into middle age group.certified dermatologist and #1 NY Times–bestselling author Nicholas Perricone, M.solid scientific background, and a day— Long named a pioneer in reversing skin damage caused by aging, panel–and– Perricone's trademark three–tiered approach (anti– and how to prevent it.fighting natural supplements, and breakthrough topical applications) that may help you clear your pores and skin in a matter of days. Not only will you see impossible–to–ignore improvement in your skin, but the program will also help improve your overall health and appearance.day program of meals and workout. The Clear Skin Prescription delivers a total program that includes Dr.after photos, rock–D.by– Like the #1 bestseller The Perricone Prescription, The Clear Skin Prescription features dramatic before– And, Dr.– By following a Perricone Program of diet, vitamins, topical applications and exercise, you can dramatically reduce the appearance of blemishes and breakouts and accomplish a smoother, clearer complexion within three times – Perricone dispels common medical myths regarding the causes and treatment of acne. to appear and feel much better than you ever thought feasible.



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and use the recommended (off-brand) topicals I have go through several books about diet plan and acne, and have tried a variety of diets to greatly help my sudden adult pimples. But this book, along with the book "The Crystal clear Skin Diet" by Logan and Treloar are full of accurate details backed by scientific tests, that actually help very clear acne by addressing the primary cause.. Calorie count isn't mentioned in the book. (The off-brand topicals might not are well as Perricone's, but they are a fraction of the cost). I had developed sudden, sever acne on my encounter, upper arms and back again at the age of 29. Love his method of better looking skin and this book does not push his item lube as much discuss how good effects the body and epidermis. Perricone's plan, I have healed 90% of my acne on my own. I do, occasionally, deviate from his diet, usually for social factors, and at those situations, I have breakouts. I'm confident that easily ate salmon each day and never anything on the "poor" list, my skin would be 99% clear. I've spent many weeks making lifestyle changes to improve my epidermis, and I still have some places, but see continual slow and steady improvement. It takes considerable time and commitment to heal types body through lifestyle. Dr. SUPER IDEAL FOR ACNE! Great book! It certainly offers helped me in treating my acne.it's an excellent lifestyle for anyone with any kind of inflammation problems in your body After having tried everything under the sunlight to demolish my pimples once and for all, I purchased this publication because of recommendation of a makeup artist in Sephora. This book outlines the issue and possible solutions for you. I've read in other evaluations that weight could be lost on this. I've implemented several solutions presented right here, and have barely experienced any breakouts since! Better Looking Skin and Diet plan! You Betcha. By following Dr. . Five Stars Good Three Stars not so good Three Stars Contains some helpful information but main purpose would be to sell you author's items. Helpful to read. Reserve was interesting to learn, learn many new stuff and some information already knew. great! It offers recipe to follow for clearer skin.weekly into the program I had clearer epidermis and dropped several pounds. it is not really one of those vegan books where they tell you firmly to eliminate so much food that it's hard to stick to and lead a normal life. Four Stars Yes the prescription works but a bit frustrating... life changing This book will probably be worth every penny and the scientific based information truly works. Perricone Has learned What He's Talking About Extremely informative. I am likely to pursue the diet and entire plan after I lose some pounds. The foods look like they could result in weight loss but I am on a stringent 1200 calorie diet plan and don't want to eat any longer than that. When I adhere to his plan, consider his supplements, and utilize the recommended (off-brand) topicals, I observe slow and steady continuing improvement in my own skin. He told me was the Holy Grail and he was correct! Once I lose all of the weight I am certainly trying this to get rid of his skin. Dr. Although the recommendations might not work for all those on a spending budget it's at least inspirational.i followed the 28 day plan when We was in college because my pimples was uncontrollable... The information makes sense and the steps are EASY! Perricone's plan has undoubtedly led to the most improvement. Before reading this book, I under no circumstances fully understood the effects of irritation and how it changes your entire body.



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