



Anthony Youn

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



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Did you know the foods you select every day can contribute to great lines and wrinkles and the probability of your getting a sunburn? Hold off on that invasive method. Stop preventing the reflection in the mirror. Get your actual age Fix. Here's what the experts know but aren't telling you - until now: The drugstore brand could be just as effectual as - or better than - the expensive cream at your dermatologist's office Surgery usually isn't the best solution Natural, DIY lotions can in fact get results, using ingredients that cost pennies Diet will probably be your best defense against redness, acne, fine lines, and wrinkles Dr. From your own face to your neck, your hands, your eyes, as well as your body, The Age Fix has you covered with a good amount of actionable takeaways and insider advice to help you reclaim your youthful glow - without spending a lot of money or going under the knife! He's spent the past 16 years researching the secrets of plastic surgeons, dermatologists, make-up artists, and dietitians, and he understands what works, what doesn't, and what's overpriced. Right now he's compiled answers to every cosmetic aging problem in this definitive antiaging Bible. Dr. Dr. Youn explains why you should shun soda but grab that glass of red wine. Don't buy another overpriced cream. Whether you wish to stay as natural as possible or you're interested to know which creams and surgical procedure actually work (and are worth the high cost), The Age Fix has your repair to look more youthful and more radiant. Youn's customizable Age Fix routine can help you improve epidermis health, whatever your age or issues, and his diet-structured Age Fix prescription will rejuvenate your skin and overall health from the within out. You will also discover which fruit will help you look youthful and prevent sun harm and which products are proven to reduce great lines. Anthony Youn is the rare plastic doctor would you everything he is able to to keep his individuals out of the operating room.



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Finally - A Publication That Lays It All Out Honestly I have 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 concern (from crow's feet to frown lines) and gives all the options available to handle them: from homeopathy, cosmetics, inexpensive drug store items, top quality beauty products, laser light treatments, to plastic surgery. And yes, the writer is a plastic surgeon but that is actually not really the emphasis here neither is it even encouraged. Rather, these are fixes to prevent people from going under the knife whenever there are therefore many other options available. I have met Dr. Myths about beauty; Precisely what I tried out of this book has worked. and plastic surgery; Exactly the Honest All-About Info I WANTED I was searching for a one-stop explanation (instead of parsing out endless magazine content articles and web searches) of anti-aging treatments, techniques, and products and this book will that and also includes balanced diet info and even meal plans. Included is an extremely useful Q&g. The introduction briefly goes over epidermis and how it ages. Eye repair; Can you find all this info on the internet? Additional youth and beauty issues; Must read for those who want to appear and feel their greatest in the current visual society. Appendix 2 if you need a cosmetic surgeon; references, index. Improving your portrait; This is important to understand with regards to how the services or products work on your skin that are suggested afterwards. The age-fix routine; A of the very most common questions asked (e.g., "MAY I change the size of my skin pores? He performed the grin lift on me, an operation he talks about in the book."). Sleep, water, SPF sunscreens, pillows - all discussed and demystified. In the morning, I'd apply an antioxidant serum on the backs of both of the person's freshly washed hands. A couple weeks ago, I heard an interview with Dr.g., Nivea cleanser), options among the higher end department store brands (e. The age fix diet;, Clinique foaming wash), to prescription remedies from your doctor (e.g., Obagi Nu-Derm). Remedies such as Intense Pulsed Light Therapy (IPL) are also talked about alongside surgery. The shock was my hands. The suggestions cover a complete selection of options - so income is definitely no problem here. After the age issues, the book provides a simple routine to keep skin supple - dealing with from harsh Winter dry air to UV light. The next section addresses age conditions that people wish to fix. Five Stars love this book It's thorough but never drones endlessly; the book is brief and precise. A large section is devoted to makeup and cosmetics as well as natural scrubs and creams. Often, they are even better than medical procedures at mitigating trouble areas. Solutions for avoiding botox needles, helping wrinkled décolletage, to fixing stretched earlobes are protected. Note that the book is not only about the facial skin - cleavage, abdomen, breasts, droopy rear end - it's all here. It will be a great reference for other areas of aging as time passes. A waste of money Can not work. What we have listed below are options - which can be applied with knowledge and alacrity immediately upon reading. This is a great resource - one I highly recommend for finally informing it like it is certainly and without meandering or generalizations. A waste of money Youn groupie Adhere to dr youn podcast, gone to workplace once for demos, truly a nice read One Star Not really what I thought it would be Five Stars for my wife. Good for Doctors to learn as well As a facial cosmetic surgeon, I highly recommend this publication! Aging gracefully, Appendix 1 Product sources; Every time I find something great. Worth the amount of money for the knowledge which seems mainly unbiased although some of the products he recommends are only marketed in doctor offices. Reshaping your curves; Much less focussed and well presented as you will see right here. Dr. Youn moves you past the clutter and misinformation on the web, making this a valuable resource for even doctors, like myself, to read. We aren't obtaining any younger, and every bit helps. Ignoring these recommendations can unnecessarily

accelerate your ageing. Youn on PBS and enjoyed the program enough to purchase the book. Youn for your dedication and dedication to enhancing the lives of others (: Worth it for product advice I felt that I was getting a discussion with a cosmetic surgeon on what products actually work that you could buy over-the-counter. That's the major reason I bought this publication, as I don't need to throw away cash on expensive items that do nothing at all. He tells you honestly everything you can right with items and what requires a method. Youn has put a lot of function and insight into readable resource. But many are simply at the drugstore. Money well spent for healthy, younger looking hands. I am someone who, due to allergies and sensitive pores and skin, hasn't used many cosmetics or skincare regimens for several decades. Youn's suggestions or make educated choices in the market place.), specific drug store brands (e. Youn on the air and decided to choose the book. This is what happened. I chosen skincare products in my price range to experiment with Retinol at night, antioxidants under a zinc oxide sunlight block throughout the day, and Supplement B3/Matrixyl/hyaluronic acid/ceramides at will. The selections were based upon learning ideas in the book so I could try Dr. Instead, I have been limited to avoidance of pollutants and radiation, eating healthy foods and getting enough rest and workout. I used the merchandise on my face, throat and hands. After about a week, my face and throat became irritated and I could determine that the issue was just a contact of glycolic acid in the Retinol cream. I switched to a Retinol/hyaluronic acid formulation and the discomfort was greatly diminished. Your skin tear was curing quicker than usual which pleased my relative. It's a full bundle of solutions, with the suggestions obviously marked with an "Age group Repair Favorite" icon for each section. They looked less bony, plumper and even more actually in coloration. YES!The icing on the cake was when a relative of mine was having troubles with skin tears on one hand. We tried the next: At night I would place a small amount of Retinol/glycolic acid cream on the trunk of his hands. Each type of issue has a full selection of suggestions - from natural (fruit peels, etc. After about five weeks, my encounter and neck appeared hydrated and healthier, which was nice. Several days later, he visited his skin doctor on another matter and his doctor asked him about his epidermis tear. Once the doctor discovered this intervention was helpful, he told my relative to "keep on carrying it out". Every time I find something great. I've met Dr I've read this book several times. Dr.The book reduces as follows: Youth and beauty; great advice and secrets excellent book, easy reading. If collagen is the problem, must i try collagen cream? Tried some of the facial lotions and serums suggested with happy results. Skin care; I would recommend this reserve to everybody. It is filled with info that anyone might use . Buy this reserve , you won't be disappointed . Great Reference An intensive, well mapped out tool for all ages. He's a very honest and kind soul and he actually knows his stuff. Acquired to find them on-line because they weren't common in my region but that was no issue. I first noticed Dr. Many thanks Dr. Interspersed throughout are cautions to ensure that readers within their enthusiasm don't do more harm than good. At 52, I came across many sound, sensible answers to aging and remaining healthy. Your skin, your actual age, your beauty; Rather than a push for plastic surgery, this plastic surgeon lays out all the options objectively - including doing nothing and ageing normally. It's an excellent info source to greatly help decide between dermatologists, facialists, nutritionists, or plastic surgeons. Skin-Deep Reading A good go through for all the people out there who are skin enthusiasts, who adore their body more than anything else and who would like to make their health a priority in their life. Youn. specific advice on treatments and products.I've waited quite a long time for a publication with real answers that included product names which we can go out and purchase immediately - with a nice list of reasons where one would be better than the other (or one is definitely a full waste of money).

Reviewed from an advance reader copy provided by the publisher. Following routine is diet plan - with specific food to greatly help with different issues.



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