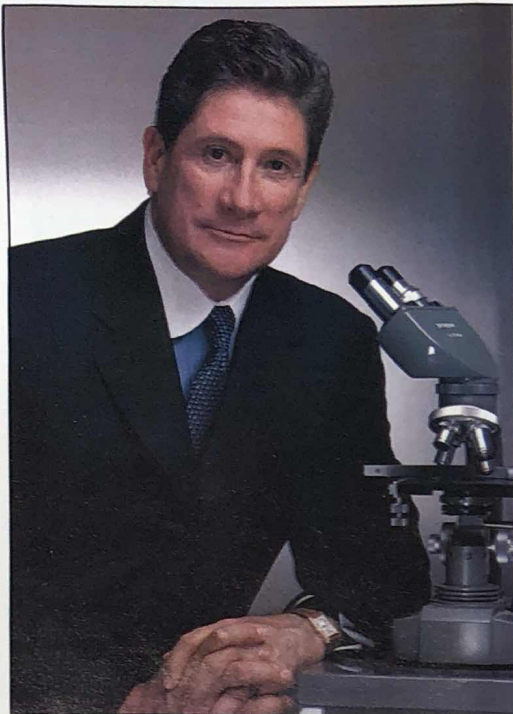


# CELEBRITY DERMATOLOGIST

## Nicolas Perricone, MD

### Glowing, youthful skin isn't only for superstars and those who embrace Botox and cosmetic surgery.



lem we all face. As the years roll by, we tend to age in two completely different and unique ways:

1. From the *inside-out* through the use of diet and supplements.
2. From the *outside-in*

using his exclusive line of skin firming and skin rejuvenating products.

*"Patients are surprised when I tell them that genetics is responsible for only about 30 to 40 percent of the entire picture when it comes to aging," he says.*

But in addition to a poor diet, Perricone cites too much sun, smok-

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ing, environmental pollution and one in particular that affects each of us sooner or later—stress—as the main aging culprits.

*"Your skin is the perfect indicator of what exactly is going on inside of you. It's understandable then, that if you want younger looking skin, you will have to change your lifestyle," states Perricone.*

According to Perricone, what we need in our diets are foods rich in anti-oxidants and anti-inflammatories.

*"Bad fats, the trans-fats that are man-made, exert an immediate pro-inflammatory response when it comes to aging the cells. Where as good fats, such those found in Salmon and extra virgin olive oil, exert an anti-inflammatory effect on our cells," Perricone adds.*

*"But no matter what your age, if you follow this diet for just three days, I promise you, that you will look and feel great."*

Perricone also believes that supplements are necessary and singles out five he feels are crucial: alpha lipoic acid, Vitamin C ester, natural Vitamin E, coenzyme Q-10 & DMAE (dimethylaminoethanol.)

In addition to marketing his own brand of supplements, Perricone has also developed a high-end line of skin care products, *N.V. Perricone, M.D. Cosmeceuticals.*

These miracle-working potions, incorporate anti-inflammatories and anti-oxidants to fight the signs of aging topically, and have already gathered an international following of us ordinary folk, not to mention that they are also a huge hit within the entertainment, political, social, sports and high-profile business industries.

One of his most popular cosmeceuticals is his *Face Firming Activator Cream* with alpha lipoic acid and DMAE.

*"It gives you more radiant skin in a matter of hours," Perricone says.*



**It seems that these days we all are searching for the Fountain of Youth—or at least something that can slow down the aging process.**

Can the signs of aging really be reversed? Is it possible to maintain beautiful skin without the unnatural look that so often accompanies a plastic surgery procedure?

The answer is **YES!** And according to international skin care guru, Dr. Nicolas Perricone, not only can your skin look younger, but it is possible to do it without the effects of plastic surgery.

*"In my opinion, aging is optional," says Dr. Perricone.*

Interested in the role of diet and nutrition since the 1970s, Perricone has spent the last 15 years of his prestigious career researching the problem of aging skin. Then, he has used a combination of science with a vast experience of health and longevity, to develop solutions that work on all types of skin.

Perricone's unique anti-aging approach tackles the universal prob-