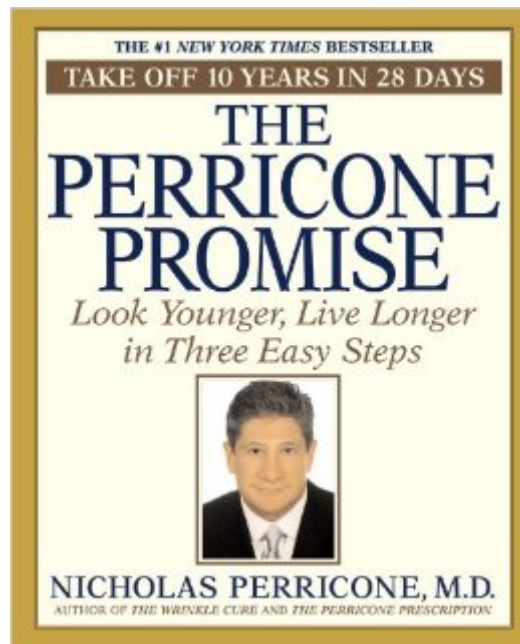


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# The Perricone Promise: Look Younger, Live Longer In Three Easy Steps



## Synopsis

An instant #1 "New York Times" bestseller now in paperback, this astonishing program will reportedly help readers reverse the aging process, inside and out.

## Book Information

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Average Customer Review: 3.6 out of 5 starsÂ Â See all reviewsÂ (114 customer reviews)

Best Sellers Rank: #1,358,544 in Books (See Top 100 in Books) #116 inÂ Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #197 inÂ Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #264 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments

## Customer Reviews

I was quite saddened to see that I am going to have to sell my house and personal belongings to afford the face creams and supplements he recommends. On a positive note, I have done the diet part of the book for 2 days now, and must say my energy has skyrocketed! I actually jumped out of bed this morning, and usually I hit snooze 3-4 times. The book itself is well-written, but it is not riveting. It is quite scientific. If the information wasn't so amazing, I would have put it down right away. I love most of his tips. Eat lots of authentic foods, eat protein first at each meal, and use herbs LIBERALLY. The book says NOT to eat fat-free anything (I just about lived on expensive diet food products before). It was liberating to shop for fresh, whole foods this week. Thank you Dr. Perricone, you have written a great book, now please come up with a cream that the masses (Oprah excluded) can afford!

I've read the book, and three days ago, I implemented many of its recommendations - starting with cutting an abundance of sugar out of my diet, eating Alaskan salmon, and almonds for snacks. I have also read criticisms of Perricone in the New York Times and other periodicals. The bottom line is that - science or not - my skin is glowing and smooth in a way I have never experienced without

applying shimmering lotions or creams. (I have cronic dry skin.) Yesterday, I didn't have to apply concealer to cover undereye circles for the first time in years. I don't know if it is the green tea, water, olive oil, eating berries, lack of sugar or what. But something is working. And I'm not taking his supplements or using his creams. I am simply paying attention to what I eat, and spending a bit more at the grocery store and when I go out to eat to make healthier choices. Part of the review complaints is the expense of the food. I admit - I am a bit irritated that he is pushing his own expensive supplements and skin products as part of the regimen. But as for the complaints about food - have we really come down to this point in America, where we are willing to spend \$250 on the latest ipod but not an extra 5 dollars a day to eat healthier food? Have we become so spoiled in this country by the \$5 sugar filled value meal at McDonalds, that we are aghast that nutritious food should cost us more?? I have been guilty of this, too, but this book has me rethinking my priorities.

"The Perricone Promise: Look Younger, Live Longer in Three Easy Steps " leaves out one, very important step. The requirement to be independently wealthy or having just won the lottery. When an author sells his book for \$20.00 and then reveals inside that you will need items totaling over \$1400.00 more to reap the full benefits, he's assuming people are gullible and desperate. Going by ranking this the #2 book in sales, he may be right. There is nothing in this book you won't find in a copy of Prevention magazine except for the referral to his website to buy his over priced products. As I've said before, lean proteins, lots of fruits and vegetables, and plenty of water will do the trick for most of us. I would discourage anyone from eating the amounts of salmon called for by the program unless you're sure your liver can handle the abundance of toxins it will now have to process. I hear there is a great liver cleansing diet out there, just in case. I bought "The Perricone Promise" and read it with high hopes after seeing Dr. Nicholas Perricone on a talk show. It sounded good but I quickly realized it wasn't anything that was workable for the average consumer. Really!! the prices of these magical creams are outrageous and he won't guarantee the results without them. As an example, he sells a bottle of "N.V. Perricone Neuropeptide Facial Conformer" on for \$570.00. This item promises to reduce fine lines and wrinkles and improve skin's appearance. I marched my copy back to Barnes and Noble and promptly got a refund.

I enjoyed reading Dr. Perricone's scientific research and the basis for his recommendations. However, I would say that 90% of the recommendations are not practical for the average person. Many of the foods and supplements he recommends are hard to find and/or expensive. Of course, he is promoting his own formulations of supplements and topical creams. I felt like I was reading the

words of TV infomercial. As far as his diet...cut out the sugar and caffeine and eat more richly colored fruit and veggies and as much Alaskan salmon as you can tolerate. There! now you don't need to buy the book.

I got an advanced copy of this book because my friend works for WarnerBooks, and he knew I was a fan of Dr. Perricone. Before I opened the book, I was skeptical... thinking it couldn't have anything more useful than The Perricone Prescription, which was great. However, I was mistaken. It has a lot more useful instructions on how to eat - when to eat - what to eat, and how to follow Dr. Perricone's program. I am on day 4 of the 28 day program outlined in the back of the book, and I already feel 5 years younger - I can't wait to see how I feel in 3 1/2 weeks! The recipes he recommends are delicious and I don't ever feel hungry. This book itself is an easy read - the last sections are all outlines of the diet and recipes, so you can read the contents before that pretty quickly. I recommend this to anyone who is over 30 and thinking about trying a diet like south beach - Dr. Perricone follows a lot of the same principals, but the added benefit is you will look younger, too. So, if you want to only get skinny, go on atkins or south beach. If you want to lose weight and not look old, too, read and follow the program in the perricone promise.

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