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The good news is, the Perricone Prescription Program can prevent and even reverse these problems. The program will not only produce visible improvement in the skin, it will improve your body's overall health and appearance. Dr. Perricone has developed his own skin care products and recommends other products he

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believes will help to improve skin tone.

## **The Perricone Prescription: A Physician's 28-Day Program ...**

The Perricone Prescription Personal Journal: Your Total Body and Face Rejuvenation Daybook. by Nicholas Perricone M.D. | Dec 24, 2002. 3.8 out of 5 stars 11. Paperback \$9.24 \$ 9. 24 \$14.95 \$14.95. \$3.99 shipping. More Buying Choices \$0.10 (81 used & new offers)

## **Amazon.com: the perricone diet: Books**

The Perricone Prescription Personal Journal This elegant daybook is the perfect companion on your journey to total body and face rejuvenation. Delicious day-by-day menu plans, step-by-step daily skin care routine, tips for staying motivated, inspirational quotes from Dr. Perricone and more. The Clear Skin Prescription

## **Skincare Advice | Best-Selling Books**

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The Perricone Prescription provides detailed instructions that include exactly what foods to eat, when and in what order to eat them (proteins first), what exercises to do, what supplements to take with each meal, and what to apply to your skin at what times of day. He even includes a section of recommended recipes.

## **A Skeptical View of the Perricone Prescription | Quackwatch**

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### **Books by Nicholas Perricone (Author of The Perricone ...**

His latest book The Perricone Prescription, A Physician's 28-Day Program for Total Body and Face Rejuvenation, is being published by HarperCollins to coincide with the premier of his second television special for PBS-TV, the leading national educational television network, in September of 2002. Show More.

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The Perricone diet is an anti-inflammatory and anti-aging diet that emphasizes salmon and nutritional supplements. It is designed to promote weight loss, maintain a healthy weight, and slow or...



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## **Perricone Diet - msn.com**

The 28-day plan provides a detailed daily prescription for what to eat and drink, with a suggested (simple) exercise for the day. The book includes fascinating before and after photos. About the Author. Nicholas Perricone, MD, FACN, is a board certified clinical and research dermatologist.

### **The Perricone Prescription: A Doctor's 28-Day Programme ...**

Costs: If you decide to get Perricone's supplement packets, a 30-day supply costs \$155. A 30-day supply of his omega-3 supplements costs \$42. A 30-day supply of his omega-3 supplements costs \$42 ...

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**Nicholas Perricone (Author of The  
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