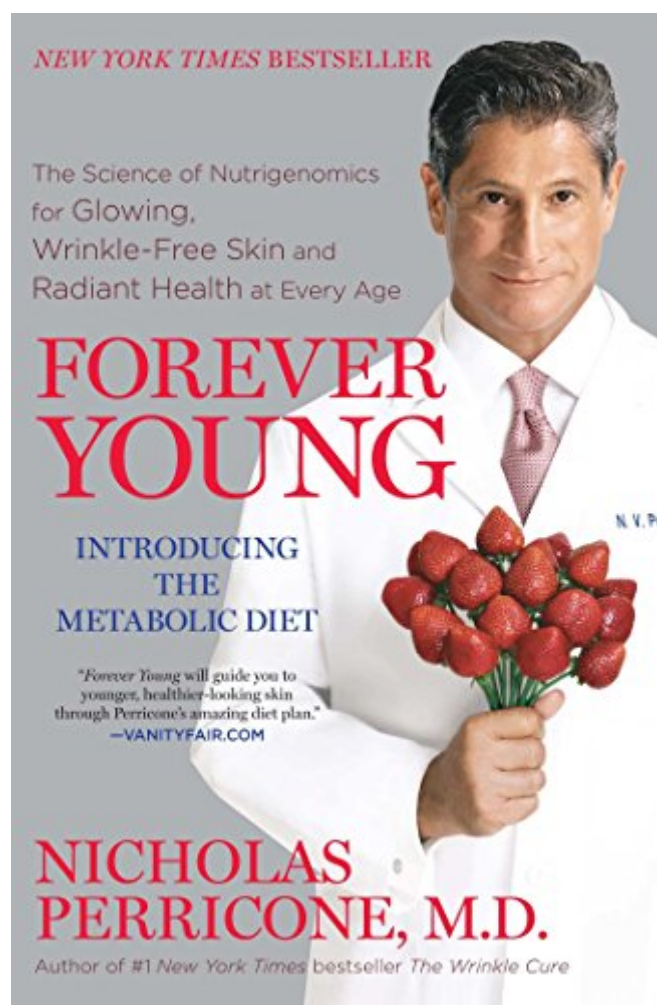


The book was found

Forever Young: The Science Of Nutrigenomics For Glowing, Wrinkle-Free Skin And Radiant Health At Every Age



Synopsis

Dr. Perricone's FOREVER YOUNG makes an extraordinary promise: by following a program designed to decrease wrinkles and dramatically improve the appearance of the skin, the reader is also guaranteed more energy, less fat and an improved mood. The core of Dr. Perricone's appeal is his scientific grounding and authority. In a field notorious for the triumph of style over substance, Dr. Perricone is at the cutting edge of new science which is scientifically proven to work. At the core of the new book is an exciting new science on skin: Nutrigenomics and gene expression. With his innovative vision, Dr. Perricone has applied the new science to ease wrinkles, make the skin supple, smooth and glowing. His prescriptive program will shave years off the reader's appearance and will give the reader more energy.

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Customer Reviews

Dr Perricone finally recommends getting sun exposure in moderation. It's not that he was wrong about UV rays damaging effect on the skin. He and other dermatologists have come to the conclusion that the benefits of vitamin D that your skin produces with sunlight outweighs the negative effects of UV rays. If you take his advice and take astaxanthin or AstaREAL, you will limit

the UV damage. Dr Perricone devotes 10 pages of the book to this superb antioxidant. He explains how it provides protection from UV rays and also how it protects against oxidative damage during and after exercise. I thought he would provide information in this section about krill oil as a source of astaxanthin, but instead he writes about his beloved salmon. The beginning of the book discusses the basic causes of cellular dysfunction, mainly free radicals and inflammation. Dr Perricone presents a few of his novel ideas about delivering glutathione to the inside of the cell and consequently protecting the mitochondria against free radical damage. He covers a new class of mitochondrial antioxidants called SS peptides that are able to penetrate the mitochondrial membrane. He also discusses supplements that most nutrition savvy readers already know about such as; acetyl l-carnitine, alpha-lipoic acid, N-acetylcysteine and Co-Q10. Unfortunately, he does not give any information about CoQ-Quinol. Chapter 2 Nutrigenomics, is a combination of nutrition and genomics. He explains how antioxidants and phytonutrients can positively effect gene expression. This means that what you eat before your children are conceived can actually effect their genetics. Also included in this chapter are 3 old superfoods; cinnamon, turmeric, and watercress. Other foods given in-depth coverage are; cocoa, chia seeds.

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