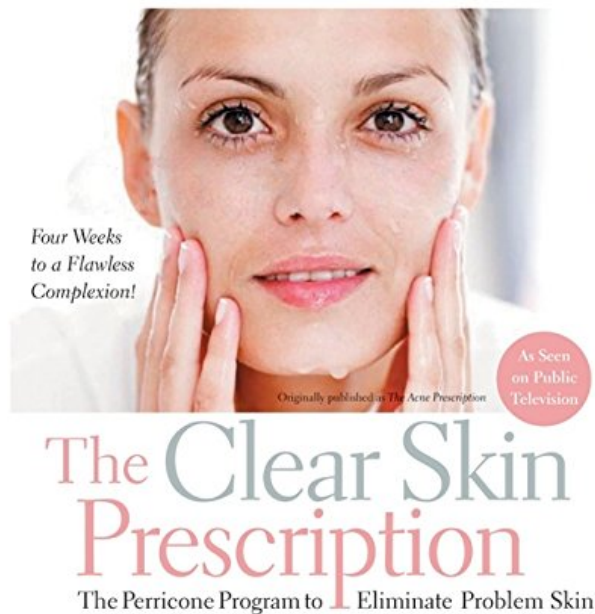


THE CLEAR SKIN PRESCRIPTION: THE PERRICONE PROGRAM TO ELIMINATE PROBLEM SKIN BY NICHOLAS, M.D. PERRICONE

Nicholas Perricone, M.D.
#1 New York Times Bestselling Author

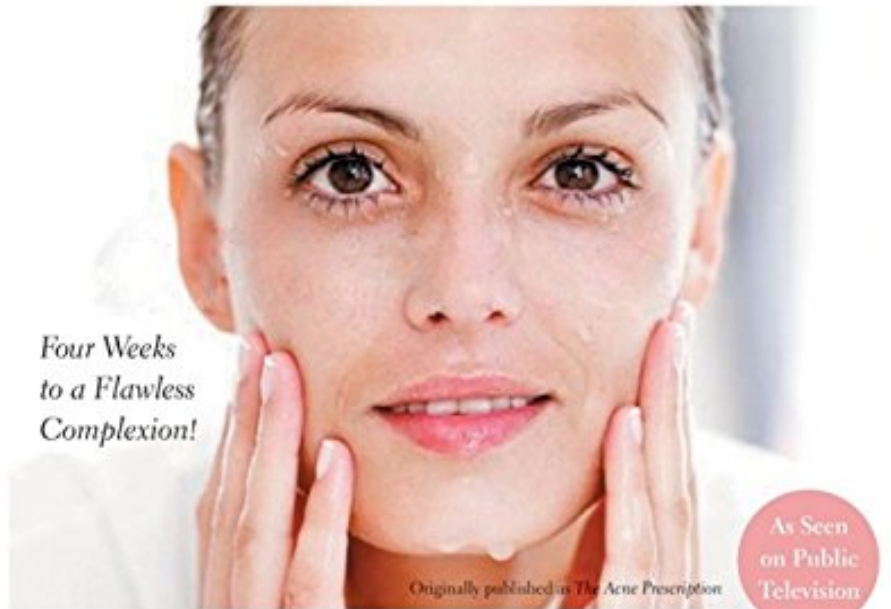


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The Clear Skin Prescription

The Perricone Program to Eliminate Problem Skin

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About the Author

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From the #1 New York Times–bestselling author of *The Perricone Prescription* and *The Wrinkle Cure* comes a powerful new weapon in the fight for clear and healthy skin. No matter your age, race, or gender, here's everything you need to know about acne — and how to prevent it.

Long recognized as a pioneer in reversing skin damage caused by aging, board–certified dermatologist and #1 New York Times–bestselling author Nicholas Perricone, M.D., now turns his knowledge and experience toward acne. Although often thought of as an unavoidable teenage problem, in reality millions of adults suffer from this inflammatory disease well into middle age.

The Clear Skin Prescription delivers a complete program that incorporates Dr. Perricone's trademark three–tiered approach (anti–inflammatory diet, targeted acne–fighting nutritional supplements, and breakthrough topical applications) that will help you clear your skin in a matter of days. Not only will you see impossible–to–ignore improvement in your skin, but the program will also help improve your body's overall health and appearance.

Like the #1 bestseller *The Perricone Prescription*, *The Clear Skin Prescription* features dramatic before–and–after photos, rock–solid scientific background, and a day–by–day program of meals and exercise. And, Dr. Perricone dispels common medical myths regarding the causes and treatment of acne. By following the Perricone Program of diet, vitamins, topical applications and exercise, you can dramatically reduce the appearance of blemishes and breakouts and achieve a smoother, clearer complexion within three days — to look and feel better than you ever thought possible.

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Most helpful customer reviews

113 of 119 people found the following review helpful.

Just pick one book

By Hope

Actually, all of Dr. Perricone's books should have a 5 star rating, but please, don't waste your money buying all of his books like I did. I liked the first one so well that I bought all of his other books. I thought there'd be some updated info, maybe some new recipes. They are all basically the same book, some word for word, with different titles. One book is definitely worth the money though. You feel better and look better in as little as 3 or 4 days just by following the diet without the supplements. I'm a bit leery of the expensive supplements. His supplements seem overpriced. Maybe there really is a difference in quality, I don't know. If I'm going to shell out hundreds of dollars a month for supplements, they'd better make a BIG difference, and one that I can see and feel right away.

11 of 16 people found the following review helpful.

Ignore the weird-looking girl on the cover and read this book!

By Sarah Jordan

This book has some really sound advice in it. I followed most of the suggestions (only I just incorporated the advice into my current eating patterns, I did not follow the diet mentioned in the book), such as: eating good fats and protein with meals, taking a good multi-vitamin. I did not buy any of the expensive skin care products mentioned in the book, and I have seen good results.

9 of 18 people found the following review helpful.

Perricone Clear Skin delivers!

By Karen Thompson

What I particularly like about this version of the Perricone Prescription lifestyle choice program is that it includes an extensive chapter on yoga instead of the high-sound sorts of jock/sports club ideas of getting and keeping fit. It seems to be essentially the same as the larger, more expensive volume with a concentration on what input directly does to outbreak and outcome all over the body, plus functioning of the brain. Buy it!

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