



Dr. Perricone's 7 Secrets to Beauty, Health and Longevity: The Miracle of Cellular Rejuvenation

Nicholas Perricone

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He has gotten rid of our wrinkles. He has gotten rid of our fat. Now, *New York Times* bestselling author Dr. Nicholas Perricone presents a cutting edge plan that won't just make us look great; it will age proof us from the inside out by stimulating the miracle of cellular rejuvenation. Taking a holistic approach to total health that builds on his trademark anti-inflammatory program, Dr. Perricone gives listeners seven steps to stay healthy and youthful through the very real magic of cellular rejuvenation. These strategies will help listeners:

- Stay slender
- Strengthen bones
- Have great sex
- Improve memory
- Increase energy
- Boost immunity
- Sleep soundly
- Feel fantastic

Including cutting edge information on nutrition and supplements and the best exercises, *Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity* gives straightforward advice that really works.

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