



Cómo prolongar la juventud: La revolución antiedad

By Dr. Nicholas Perricone

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Con una sólida base científica, este revolucionario programa antienvjecimiento es muy fácil de seguir y permite conseguir un cutis terso, una piel tonificada y, en general, mejoras visibles de la salud y el aspecto físico. El «Programa Perricone de 28 días» -que incluye alimentación, ejercicio y cuidado de la piel- supone una alternativa a otros tratamientos de rejuvenecimiento más agresivos o invasivos, tales como la cirugía, la exfoliación, el Botox o el láser. / Healthy, vibrant skin depends more on what you put in your cheeks than what you rub on them, says dermatologist Nicholas Perricone. In The Perricone Prescription, fresh Salmon tops the list of must-eat foods for total body rejuvenation. In fact, it is the star of Perricone's ""Three-Day Nutritional Face-Lift,"" a convincing trial run for those who are a bit hedgy about committing to his 28-day diet and his supplement, skin care, and exercise regimen.

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