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The Perricone Weight-Loss Diet: A Simple 3-Part Plan to Lose the Fat, the Wrinkles, and the Years

Nicholas Perricone Md

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From #1 New York Times bestselling author Nicholas Perricone– respected physician, award-winning research scientist, and trusted expert on health and beauty–comes the biggest breakthrough in weight loss since Atkins.

Millions of women and men have restored youthful radiance, smoothness, and suppleness to their skin through Dr. Nicholas Perricone's advice, care, and transformative eating plan–and all with the welcome yet unexpected benefit of losing excess weight along with the wrinkles! Building on this discovery, Dr. Perricone breaks new ground with his trademark anti-inflammatory program based on the foods, supplements, and lifestyle changes with the proven ability to accelerate fat loss by increasing metabolism and building and maintaining muscle mass.

Consider this staggering fact: As we age, we can expect to gain ten pounds of fat and lose five pounds of muscle each decade. In three easy steps, Dr. Perricone shows how to fight this weight gain and rebuild muscle mass, and avoid the haggard, aging, and drawn appearance that results from other weight-loss programs.

Inside The Perricone Weight-Loss Diet discover

• the rejuvenating and slimming secrets of the anti-inflammatory diet
• which foods, supplements, and lifestyle changes enable us to lose fat while maintaining muscle
• how to control hormones such as insulin and cortisol to lose weight
• how to maintain youthful, firm, and radiantly toned skin on the face and body during weight loss

As an added bonus, as you follow Dr. Perricone's program you'll sleep better, have more energy and less stress, and experience greater mental clarity without the food cravings. Lose the weight, the wrinkles, and the years!

From the Hardcover edition.

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