

BOOKS WORTH READING



A Fresh Approach To Skin Health

(NAPSA)—A new book may help people deal with some hard-to-face facts about skin. Written by dermatologist Nicholas Perricone, M.D., it focuses on ways to restore, strengthen and protect skin from signs of aging.

Dr. Perricone's approach is unique in that it emphasizes overall health as a means of improving skin health. He maintains there is a link between wrinkled skin and inflammation at the cellular level (now recognized as a leading contributor to cancer and other diseases). His book, called *The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation* (Harper Resource, \$27.50), presents a simple plan focusing on ways to reduce the inflammation. It highlights:

- Diet, with an emphasis on drinking plenty of water, eating a steady supply of protein and the right amounts of the right fats.

- Supplements, with daily recommendations rich in targeted antioxidants, amino acids, vitamins and minerals.

- Skin care, revealing the power of vitamin C ester, alpha lipoic acid, olive oil, polyphenols, phosphatidyl choline, DMAE and other natural ingredients.

- Exercise, with a complete drudgery-free fitness plan to "go for the glow" while boosting cardiovascular stamina, muscle tone and strength.

Dr. Perricone recommends the following sample diet, as well as a mid-afternoon and before-bed snack. All meals should be accompanied by 8 to 12 ounces of spring water.

Breakfast

- Omelet made of 3 egg whites

NICHOLAS PERRICONE, M.D.

The Perricone Prescription

★
*A Physician's
28-Day Program for
Total Body and
Face Rejuvenation*

Bestselling Author of
THE WRINKLE CURE



A new book describes a unique approach to health and skin care.

and 1 yolk or a 4- to 6-ounces broiled salmon or both

- ½ cup cooked oatmeal, 3-inch slice cantaloupe and ¼ cup fresh berries

Lunch

- 4- to 6-ounce grilled salmon or low-sodium tuna packed in spring water or sardines in olive oil

- 2 cups romaine lettuce dressed with 1 tablespoon extra virgin olive oil and fresh lemon juice

- 3-inch slice cantaloupe and ¼ cup fresh berries

Dinner

- 4- to 6-ounces grilled salmon
- 2 cups romaine lettuce dressed with 1 tablespoon extra virgin olive oil and fresh lemon juice

- 1 cup steamed asparagus, broccoli or spinach, dressed with a little olive oil

- 3-inch slice cantaloupe and ¼ cup fresh berries

For more information on the book, which has become a popular gift, visit www.harpercollins.com.