

The Age Fix: Insider Tips, Tricks, and Secrets to Look and Feel Younger Without Surgery



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THE AGE FIX: INSIDER TIPS, TRICKS, AND SECRETS TO LOOK AND FEEL YOUNGER WITHOUT SURGERY

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Hachette Book Group, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 145 x 132 mm. Language: English . Brand New. Don t buy another overpriced cream.Hold off on that invasive procedure.Stop avoiding the reflection in the mirror.Get your Age Fix.Here s what the experts know but aren t telling you--until now: The drugstore brand can be just as effective as--or better than--the expensive cream at your dermatologist s office.Surgery usually isn t the best solution.Natural, DIY creams can actually get results, using ingredients that cost pennies.Diet can be your best defense against redness, acne, fine lines, and wrinkles.Dr. Anthony Youn is the rare plastic surgeon who does everything he can to keep his patients out of the operating room. He s spent the past sixteen years researching the secrets of plastic surgeons, dermatologists, makeup artists, and dietitians, and he knows what works, what doesn t, and what s overpriced. Now he s compiled solutions to every cosmetic aging problem in this definitive anti-aging bible. Whether you want to stay as natural as possible or you re interested to know which creams and medical procedures actually work (and are worth the price tag), The Age Fix has your fix to look younger and more radiant. Dr. Youn s customizable Age Fix routine will help you improve skin health, whatever your age or concerns, and his diet-based Age Fix prescription will rejuvenate your skin and overall health from the inside out. Did you know that the foods you choose every day can contribute to fine lines and wrinkles and the likelihood of your getting a sunburn? Dr. Youn explains why you should shun soda but reach for that glass of red wine. You ll also discover which fruit can help you look younger and prevent sun damage and which supplements are proven...



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