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The Age Fix: A Leading Plastic Surgeon Reveals How To Really Look 10 Years Younger



Synopsis

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-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 to reduce fine lines. From your face, to your neck, your hands, your eyes, and your body, THE AGE FIX has you covered with an abundance of actionable takeaways and insider advice to help you reclaim your youthful glow-without spending a fortune or going under the knife!

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Customer Reviews

"This is a wonderful read for anyone trying to look and feel their best. The best part of Dr. Youn's many tips is that they will not only improve your outward appearance without surgery, they can also help improve your overall health. And, as all doctors know, a healthy glow starts with a healthy life." •Dr. Travis Stork, ER physician, host of the Emmy Award-winning, syndicated series The Doctors, and bestselling author "Dr. Youn is a frequent guest on my show, and I can say without a doubt that he's a cut above the rest." •Rachael Ray, TV host and New York Times bestselling author

Anthony Youn, M.D. F.A.C.S is a nationally-recognized, board-certified plastic surgeon who is considered one of the country's best-known experts in looking younger with or without surgery. Recognized as a leader in his field, Dr. Youn is valued for his honest approach and ability to speak to all areas of health and well-being. In addition to being a regular expert on The Rachael Ray Show, The Dr. Oz Show, and The Doctors, Dr. Youn's has been featured on Good Morning America, Today, CBS This Morning, Fox News, CNN, HLN, and E!, and in the New York Times, USA Today, and People magazine. Dr. Youn is also a regular contributor for CNN.com, NBCNews.com, and The Huffington Post. A national lecturer, Dr. Youn is the author of In Stitches, his critically-acclaimed and award-winning memoir of becoming a doctor (Gallery Books/Simon & Schuster, 2011). Named a "Top Plastic Surgeon" by U.S. News and World Report and Harper's Bazaar, Dr. Youn is a member of the American Society of Plastic Surgeons (ASPS), American Society for Aesthetic Plastic Surgery (ASAPS), and a fellow of the American College of Surgeons. He is an Assistant Professor of Surgery at the Oakland University William Beaumont School of Medicine. For more information, please visit: www.dryoun.com

I have read many books on this subject and finally found one that actually gives the entire picture in detail - a one-stop resource that is easy to read, use, and follow. Author Young breaks down each aging issue (from crow's feet to frown lines) and then gives all the options available to address them: from homeopathy, cosmetics, inexpensive drug store products, high end beauty products, laser treatments, to plastic surgery. And yes, the author is a plastic surgeon but that is actually not the emphasis here nor is it even encouraged. Rather, these are fixes to prevent people from going under the knife when there are so many other options available. The book breaks down as follows:

Youth and beauty; Myths about beauty; Skin care; and plastic surgery; Your skin, your age, your beauty; The age-fix routine; The age fix diet; Improving your portrait; Eye repair; Reshaping your curves; Other youth and beauty issues; Aging gracefully, Appendix 1 Product sources; Appendix 2 if you need a plastic surgeon; references, index. The introduction briefly goes over skin and how it ages. This is important to understand in relation to how the products or services work on the skin that are suggested later. Included is a very informative Q&A of the most common questions asked (e.g., "Can I change the size of my pores? If collagen is the problem, should I try collagen cream?"). The next section addresses age issues that people wish to fix. Each type of issue has a full range of suggestions - from natural (fruit peels, etc.), specific drug store brands (e.g., Nivea cleanser), choices among the higher end department store brands (e.g., Clinique foaming wash), to prescription treatments from your doctor (e.g., Obagi Nu-Derm). Treatments such as Intense Pulsed Light Therapy (IPL) are also discussed along with surgery. It's a full package of solutions, with the recommendations clearly marked with an "Age Fix Favorite" icon for each section. The suggestions cover a full range of options - so income is definitely not an issue here. After the age issues, the book provides a simple routine to keep skin supple - dealing with everything from harsh Winter dry air to UV light. Sleep, water, SPF sunscreens, pillows - all discussed and demystified. Following the routine is diet - with specific food to help with different issues. It's thorough but never drones endlessly; the book is brief and precise. A large section is devoted to makeup and cosmetics as well as natural scrubs and creams. Often, these are even better than surgery at mitigating trouble areas. Solutions for avoiding botox needles, helping wrinkled décolletage, to fixing stretched earlobes are covered. Note that the book isn't just about the face - cleavage, stomach, breasts, droopy rear end - it's all here. Interspersed throughout are cautions to ensure that readers in their enthusiasm don't do more harm than good. I've waited a long time for a book with actual answers that included product names which we can go out and buy immediately - with a nice list of reasons where one would be better than the other (or one is a complete waste of money). What we have here are options - all of which can be acted upon with knowledge and alacrity immediately upon reading. This is a great resource - one I highly recommend for finally telling it like it is and without meandering or generalizations. Reviewed from an advance reader copy provided by the publisher.

As a facial plastic surgeon, I highly recommend this book! Must read for those who want to look and feel their best in today's visual society. Dr. Youn has put a lot of work and insight into easy to read resource. Can you find all of this info on the internet? Not as focussed and well presented as you will find here. Dr. Youn moves you past the clutter and misinformation on the internet, making this a

valuable resource for even doctors, like myself, to read. We aren't getting any younger, and every bit helps. Ignoring these recommendations can unnecessarily accelerate your aging. Thank you Dr. Youn for your commitment and dedication to improving the lives of others (:

I have read this book several times. Each time I find something great. I have met Dr. Youn. He performed the grin lift on me, a procedure he talks about in the book. He is a very honest and kind soul and he really knows his stuff. Everything that I tried from this book has worked. I would recommend this book to everybody. It is filled with information that anyone could use . Buy this book , you won't be disappointed .

This was an easy and very fun book to read. I loved all of his non-surgical suggestions for products and treatments. Many of the products he mentions can just be purchased on . This book validated many things I have already known and do as a part of my body-care, but also had many things and products that I did not know about. Overall a 10 out of 10--I'd definitely recommend this to others.

I really enjoyed this book! It's amazing the knowledge Anthony Youn has. I recommend the "at home" dyi products to try. Thank you!

Very interesting. Many ideas on treatments that are inexpensive and work. There are times I go back to look up a certain problem to see what is suggested for treatment. I am 74 and I even found some remedies for sagging skin.

Much of this was already familiar to me. Dr. Youn comes across as a practical and compassionate person.

A Plastic Surgeon who seems to practice common sense and advises simple ways to take good care of yourselfThey should all be so straightforward and down to earth

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