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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

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).

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