



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

By Anthony Youn

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The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger By Anthony Youn

**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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Editorial Review

Review

"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**

"A refreshingly honest look at what really helps you turn back the clock. This definitive guide is a must-read for anyone who wants to look younger and sexier, using real food and natural techniques as your medicine, without spending a ton of money."**?Haylie Pomroy, #1 New York Times bestselling author of The Fast Metabolism Diet and Fast Metabolism Foods Rx**

"Dr. Youn is an innovator in the field of plastic surgery. This easy-to-read book informs, inspires, and entertains. I highly recommend it!"

?Robert Rey, MD, MPP, star of Dr. 90210 on E!

"Dr. Youn succeeds in putting forth all you need to know about skin from the inside out; even if you can't be one of his actual patients, you will feel and look like you are after reading it!"

?Dr. Jennifer Ashton, senior medical contributor, Good Morning America; co-host of The Doctors

About the 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

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Playing with family within a park, coming to see the coastal world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't obtain it, oh come on its known as reading friends.

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Is it a person who having spare time in that case spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger can be the reply, oh how comes? The new book you know. You are thus out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these books have than the others?

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