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# About Face: A Plastic Surgeon's 4-Step Nonsurgical Program For Younger, Beautiful Skin



## Synopsis

Get ready for the ultimate facial makeover, no matter your age or ethnicity and without surgery. If there is something about your complexion you would like to change—âœfrom dryness to laugh lines to crowâœs-feet—âœDr. Gregory Brown offers an easy-to-follow program that will completely revitalize your face. As a plastic surgeon, Dr. Brown made a discovery that completely revolutionized skin care: He innovated the application of a human protein that actually makes skin heal faster and greatly improves its overall appearance. Now Dr. Brown has applied his expertise and landmark research to create a scientifically sound regimen that will dramatically enhance the condition of your skin—âœand make you look years younger. *About Face* details the four simple steps to real skin rejuvenation: —âœ Eat right and see results with Dr. Brownâœs 7-Day Diet for Glowing Skin. —âœ Exercise, using movements that condition your skin from the inside out. —âœ Apply topical creams—âœavoiding the ones that only make promises. —âœ Enjoy the benefits of medical procedures without invasive measures. This program can be easily customized to fit your age and takes into account the changing seasons. Dr. Brown also clearly delineates the facts and fallacies of skin care, shares helpful tips on what to do to see improvements now, and gives you an exclusive preview of products you can look forward to using in the coming years as technology advances even further. If the condition of your skin is leading you to consider cosmetic procedures, take an about-face and reevaluate your options! Dr. Brown believes that the true source of beauty is not lifts, nips, or tucks. It is the newly discovered ability of your skin to regain the vitality of youth.

## Book Information

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## Customer Reviews

"Many people underestimate the fact that, in order to have youthful skin, they must keep their internal machine operating at optimal condition," writes Brown, a seasoned plastic surgeon who has spent his career studying skin. In this refreshing book, Brown shares his knowledge of the skin's natural healing ability and provides alternatives to extreme makeovers and invasive surgeries. Poor diet, sun exposure, smoking and a lack of physical exercise can all slow down the regeneration process of skin. So before opting for facelifts, injections or surgeries, Brown suggests readers reexamine their lifestyle choices. He provides a condensed list of skin-friendly foods, including proteins like chicken and fish, healthy carbohydrates (whole grains, green veggies, citrus fruits, etc.), and good-for-you fats like olive oil and omega fish oils. He also recommends simple yoga routines and stretches that may help reduce wrinkle-causing stress and increase circulation. Even though the section on Brown's antiaging cream, RÃƒÂ©Vive, smacks of self-promotion, the book is comprehensive enough-encompassing everything from Botox and Dermabrasion to more advanced procedures like facial implants and hair replacement surgery-to guide readers toward an informed decision. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Dr. Gregory Bays Brown has spent more than twenty years as a plastic surgeon, carefully observing the process of how skin heals. In clinical studies, he innovated the application of a human protein that actually makes skin heal faster than at its previous rate, a discovery that was originally published in the New England Journal of Medicine. After serving his general surgical internship and residency at Massachusetts General Hospital and the University of Louisville, Dr. Brown became a Fellow at Emory University's Division of Plastic and Reconstructive Surgery. He lives in Louisville, Kentucky and New York City.

Although this book is very promotional, it is full of some very good and useful information. Plus, you can now buy it for a .01 from "other" sellers, and it certainly is worth all that! ;-) The book has all sorts of information on how to keep your skin healthy without using surgery. This includes the use of diet, exercises, vitamins, stretching, and all sorts of treatments that help exfoliate the skin. The author is a plastic surgeon, so when he talks about drugstore cleansers and moisturizers, verses prescription creams, or even peels, he knows what he is talking about. I found the book an interesting and quick read which I can recommend. Eat healthy!! ;-)

I actually purchased this book because I was interested in purchasing the EGF (epidermal growth

factor) cream that I had seen on TV. I had heard that this cream works miracles and wanted to understand it better before spending the \$180 on the cream. The book was written by the plastic surgeon who invented the ReVive skin line. This book has a wide spectrum of information on how to create and maintain healthy skin without surgery. It covers everything from diet, vitamins, exercise, yoga and every kind of medical "surface" skin treatments out there. It also covers everything from basic drugstore cleansers and moisturizers, to over-the-counter and prescription topical creams, to intensive dermabrasion and chemical peels. The book gives you a lot of information about a lot of products and the author gives his sound opinion and experience with each. However, because I was buying the book to understand more about the ReVive creams themselves, I was looking for a more in-depth analysis of the skin line. He does explain the chemical components and how it works with the skin, but he does not cover which ReVive creams go with what skin types, what creams (there are many) that work best together, and so forth. I think that overall the entire book really gives you a lot of basic and clinical information on how to best take care of your skin. As a side note: I bought the ReVive Sensitif cream and LOVE it. I had a scar on my face (from recent basal cell removal) that had become a dime size crater on my cheek, now it is almost undetectable and I have been using the cream for about 1 month. I had been using other scar products and was getting no results. If you want the book to learn about ways to take care of your skin then get it, if you want it primarily to learn about ReVive products be prepared for that aspect of the book to be minimal. If you want to know whether the ReVive skin line works....I definitely say yes!

This book helped me understand what is really happening with your skin. What it responds to and doesn't and what adds aging. I highly recommend it and it's an easy read....helped me with my diet too!

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