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Dr. And Mrs. Guinea Pig Present The Only Guide You'll Ever Need To The Best Anti-Aging Treatments



Synopsis

Anti-aging has become a multi-billion dollar industry, but do you know which products, procedures or treatments are really going to help you look (and feel!) younger? Rest assured, the days of painful procedures that promised you the fountain of youth, cost a fortune, and then—surprise!--didn't work, are gone. There are treatments available that can halt, and in some cases, even reverse the aging process. But how do you know what treatments are best for you? Which of the hippest, hottest, and newest are fabulously effective and which are nothing more than new-age snake oil? Let us be your guides. Dr. and Mrs. Guinea Pig Present The Only Guide You'll Ever Need to the Best Anti-Aging Treatments will outline all the best techniques and treatments, from the so-new-you-haven't-heard-of-them-yet to the tried-and-true; from the perfectly legal to the are-you-trying-to-get-me-arrested; from the simple to the outrageous; and from the cheapest drugstore creams to the most complicated surgeries. We will provide you with the information and research you need to create your own, unique anti-aging plan to look and feel your best—forever!

Book Information

Hardcover: 252 pages

Publisher: Ghost Mountain Books (September 6, 2016)

Language: English

ISBN-10: 1939457556

ISBN-13: 978-1939457554

Product Dimensions: 6.2 x 0.9 x 9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 83 customer reviews

Best Sellers Rank: #66,973 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #116 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #6528 in Books > Self-Help

Customer Reviews

“The Dubrows present a refreshing, less-is-more perspective on maintaining a youthful appearance and have crafted a solid information resource. A useful, accessible primer for readers hoping to keep themselves looking their best.” —Kirkus Reviews Heather and Terry are the ideal combination of scientist/surgeon and expert consumer. In this book they've combined the best of both, in true Dr. and Mrs. Guinea Pig fashion, to give you the

most cutting-edge and accurate assessment of the most potent products and treatments on the market today – from the sublime to the pure snake oil. Their inimitable voices, humor, love for each other, and willingness to poke fun at their own foibles in order to save you money and turn back the clock infuses every page of this book. I hope you’ll enjoy it as I have.

Dr. Mehmet Oz “This book is really quite good. Heather and Terry repeatedly remind the reader not to give in to hype but rather to be informed (and look for the grey hair! - I love that advice). And with their encyclopedic survey, the reader will be just that. They offer solid information founded in good science and extensive clinical experience.”

Dr. Terry Dubrow and his guinea pig wife, Heather Dubrow, have written the absolute clearest and best guide to help anyone who is interested in the state of the art anti-aging treatments currently available on the market, both conventional and unconventional. This book is informative as well as entertaining and should be considered a modern day bible of anti-aging. -Dr. Paul Nassif

Born and raised in Los Angeles, Dr. Terry Dubrow obtained degrees in medical sciences from Yale University in 1980 and the UCLA School of Medicine in 1986. He completed a residency in general surgery, became chief resident in surgery at the Harbor-UCLA Medical Center in Los Angeles, and completed a plastic and reconstructive fellowship at the UCLA Medical Center in and went into private practice in 1993. He has authored more than 30 articles published in peer-reviewed journals and has lectured extensively to professional groups in surgery. A fellow of the American College of Surgeons, he is certified by The American Board of Plastic Surgery and is also a certified expert for the California Medical Board, working extensively since 2000 as an expert in medical malpractice. He is the author of The Acne Cure and writes extensively about health and wellness.

Dr. Dubrow has been showcased as the surgical expert on several television shows including Fox Network’s The Swan, where he performed and helped coordinate extensive contestant transformations, E! Entertainment TV’s Bridalplasty, where he was the surgeon; and since 2013, he has been the star of E!’s hit show, Botched. Dubrow was also one of the three hosts of the network’s show Good Work. Other appearances include The View, TODAY Show, Dr. Phil, CNN’s Headline News, CNN Showbiz Tonight, Larry King, Fox News, Fox and Friends, Good Day LA, and The CBS Early Show. He has been featured in many print publications including People, The New York Times, and The Los Angeles Times. He lives with his wife, Heather Kent Dubrow, and their four children in Newport Beach, California.

Heather Kent Dubrow grew up in Westchester County, NY, and attained her BFA in Musical Theater at Syracuse University. Her extensive acting career includes film, stage, and series regular roles on many television shows including Jenny, Stark Raving Mad, That's Life, and The Contender. After joining the cast in season seven, she became, and still is, one of the most popular stars of Bravo's hit series, The Real Housewives of Orange County. Heather has appeared with her husband in the Dr. and Mrs. Guinea Pig segments of the E! Entertainment TV show, Good Work. As a singer, Heather has toured as the star performer with a fourteen-piece big band and she sang the theme song to CBS's That's Life. She is also an accomplished television host with credits ranging from newsrooms to talk shows, including the recent Botched Post Op, after-show. Since the fall of 2015, she has been conquering the podcast world with "Heather Dubrow's World" on Podcast One, that premiered at #3 on the iTunes charts for North America and to date is their number one female podcast with over five million downloads and millions of subscribers. The Dubrows also developed and created the skincare line, Consult Beaute, that is the fastest growing beauty brand on the Evine shopping channel. Heather lives with Terry and their four children in Newport Beach, California.

It was informative and a fun read. I would recommend it.

Excellent book well written with Amazing tips on beauty products and procedures for all budgets.
.thumbs up

Good!

Very good information. Easy to read and understand.

Great book. Very detailed. It had everything you wanted to know about skin, hair and the face.

Ok but not as informative as I expected but then it did keep me from considering a couple bogus procedures

I enjoyed this as an audio book and then ordered the hardback for referencing.

I loved this book because they thoroughly explain everything from products to procedures and it is not some long wordy advertisement for their products. This is a legitimate handbook on the products and treatments available for skincare. They suggest real products that we average consumers can and do purchase (not Hollywood starlets who have had \$30,000 worth of facelifts before endorsing an eye cream). I also know that they are trained professionals who have medical understanding and can cut thru the marketing fluff and tell you what works and what is bogus. I have gone back several times and looked up verbiage. Great book. I hope they plan to update it as new technologies and products come out.

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