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**By Nicholas Perricone M.D.**

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WebMD evaluates the diet plan formulated by dermatologist Nicholas Perricone.

<http://www.webmd.com/diet/perricone-diet-what-it-is>

### **Self-Help Daily -**

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### **Lose Excess Body Fat: Follow the Perricone Weight -**

In his publication The Perricone Weight Loss Diet: A Simple 3-Part Plan To Lose The Fat, The Wrinkles, And The Years, Ready to follow the Perricone weight loss diet?

<http://blog.perriconemd.com/lose-excess-body-fat-follow-the-perricone-weight-loss-diet/>

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<https://store.kobobooks.com/en-us/ebook/the-perricone-weight-loss-diet>

### **Nicholas Perricone - Gawker -**

Feb 02, 2008 Nicholas Perricone. The Perricone Weight-Loss Diet: A Simple 3-Part Plan to Lose the Fat, the Wrinkles, and the Years

<http://gawker.com/550840/nicholas-perricone>

### **The Perricone Diet: A combination of diet, -**

We evaluate the diet plan formulated by dermatologist Nicholas Perricone, called The Perricone Promise. It isn't about weight loss, instead it claims to help people

<http://www.webmd.boots.com/healthy-eating/guide/perricone-promise>

### **Anti-Aging Supplements - Weight Management - -**

Dr. Perricone's weight management program supports healthy weight, weight loss, and metabolism, while providing anti-aging benefits and boosting energy.

<http://www.perriconemd.com/category/supplements/weight+management.do>

### **The 28-Day Diet Recipe Book | Daily Perricone -**

Dr. Perricone's 28-Day diet recipes. Welcome to the Daily Perricone. Read daily advice from Dr. Perricone and his team

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### **Nicholas Perricone - Wikipedia, the free -**

primarily on the subjects of weight loss and Ageless Mind: Erase Wrinkles and The Perricone Weight-Loss Diet: A Simple 3-Part Plan to Lose the Fat

[http://en.wikipedia.org/wiki/Nicholas\\_Perricone](http://en.wikipedia.org/wiki/Nicholas_Perricone)

### **Perricone Diet - MSN -**

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<http://www.msn.com/en-us/news/other/perricone-diet/ar-AA8mOy>

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Perricone Diet is for wrinkle-free skin and for anti-aging. This plan is based on proper nutrition and lifestyle changes. Here's how it works.

<http://www.everydiet.org/diet/perricone>

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<http://www.diet.com/store/facts/perricone-diet>

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Dr. Perricone official blog. Keep up-to-date on the latest news and tips on anti-aging skin care, anti-inflammatory diet, and scientific developments

<http://www.dailypericone.com/tag/weight-loss/>

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<http://www.terapeak.com/worth/the-perricone-weight-loss-diet-a-simple-3-part-plan-to-lose-the-fat-the/310755107537/>

**The Perricone Weight-Loss Diet Personal Daily -**

In the blockbuster book The Perricone Weight-Loss Diet, Dr. Nicholas Perricone presented a groundbreaking program for losing weight, maintaining muscle, and toning

<http://www.amazon.com/Perricone-Weight-Loss-Personal-Daily-Journal/dp/0345491335>

**Books - Dr.Perricone - Perricone MD -**

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