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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 â "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 starsÂ See all reviewsÂ (14 customer reviews)

Best Sellers Rank: #8,221 in Books (See Top 100 in Books) #2 inÂ Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #12 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #1161 inÂ Books > Self-Help

Customer Reviews

Very well written. Bravo! (couldn't resist). I originally ordered this on my Kindle, but there is so much information that I am also ordering the hardback copy which will be easier for me to reference. It's obvious that there has been a lot of research done on Dr. and Mrs. Dubrow's part. The book is packed with instructions and information. I'm impressed with Dr. Dubrow's conservative approach to procedures and the rating system for procedures is very helpful. Am also impressed with the fact

that although their own line of products is mentioned, they have not done so in an obnoxious promotional way. They list their products along with many other alternative products with a good percentage of them available affordably and over the counter. Thank you for that. Mrs. Dubrow offers advice in a girl-chat way, offering her own experiences and suggestions in a helpful and approachable manner. One can actually learn something without feeling overwhelmed. Nice job!

I'm loving this book! It is informative, easy to follow and funny. I thought I knew a lot but not so much - from over the counter lotions and sunscreen info to the real scoop and details about Botox and all the other fads, they really break it all down. If you think you want to have plastic surgery or do something trendy to look younger, read this book first I think. I'm also going to do some of their tips for prevention because I'd never go see a plastic surgeon.

With so much information overload on the aging process, it was a pleasure reading a really objective book like Dr & Mrs. Guinea Pig. What better person then Heather Dubrow to talk about what's available in the market place for looking your best...this is a person that is under a microscope every time she goes in front of a hi-def TV camera....she looks fantastic. Taking this one step further, who better then a Board Certified Plastic Surgeon to explain all of the great results and also the pitfalls of plastic surgery....Terry covered the good, the bad and the ridiculous. BTW- this is a book that should be read by both men as well as women.

Really good information. I appreciate the honesty of Dr. Dubrow and Heather helped with what she knows. What I liked was that they did not think a lot of the anti-aging procedures were that great of an idea. Very helpful!!!!!!

I love the voice and humor in the book. I was hoping for more -- more crazy stuff that stars are doing and more about surgeries etc. But I love this couple and how well they treat each other and others so I would still buy it either way

The content is great- I'd give that 5 stars. However the book is so poorly made - I have pages falling out! It started on page 5 and by the hair section on page 38- the pages fell out of the binding!!! Whoever published this did not do Terry or Heather justice.

It's packed with great advice and insight into the myriad of options available to stay looking

young, fabulous and the best you can be. The Dubrow's are honest, experienced and really enjoyable to read as they share the pros and cons the pitfalls and the solutions to just about everything that can age or serve to age us from head to toe. I was surprised and delighted to see topics ranging from product ingredients to stress to some new procedures I had never even heard of. There truly are so many choices when it comes to anti-aging programs, serums, procedures etc and great thing about this book is that Dr. and Heather Dubrow have either tried the option personally and/or thoroughly researched it for us. Thank you Dr. and Mrs. Guinea Pig! It's really a quality, smart book as you get both the consumer/patient and Dr./chemist perspective and understanding. I finished reading it and now I'm going to keep in handy as a reference. Yes, there's that much great information in it.

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