

## Inner beauty

Healthy Living / Shamona Harnett

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.....vitamin C and a host of other antioxidants that the company promises will deliver a brighter, younger-looking complexion.

Dr. Nicholas Perricone, dermatologist to the stars, wrote in his bestselling book *The Wrinkle Cure* that “oral antioxidant therapy”— eating more dark, leafy greens — is an efficient way to battle wrinkled and sagging skin.

He also says that eating “fish, fish and more fish” just days before a big event will help you look red-carpet ready.

In another of his books, *The Perricone Prescription*, fresh wild salmon tops his list of face-rejuvenating foods.

The Yale professor claims that anyone can get a “three-day nutritional facelift,” thanks in part to the anti-inflammatory effects of certain nutrients, such as omega-3, an essential fatty acid found in deep-sea fish such as salmon, mackerel and sardines.

While [Winnipeg dermatologist Dr. Earl Minuk](#) respects Perricone’s perspective, he warns that it takes more than eating healthy to make an aging face looking young. “If it was that easy, there wouldn’t be a need for cosmetic dermatologists,” he quips.