



Jen's Blog of Random Thoughts

The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger

Jennie Yuen- 6.14.16)



Dr. Anthony (Tony) Youn had just released his book, *The Age Fix*, which shares insider skin care and beauty secrets, with a wide-range of fixes including all-natural DIY, best drugstore buys, and the best foods for your skin (with meal plan). Dr. Youn is skin care expert and regular on *The Rachael Ray Show* and *Dr. Oz*.

I had a chance to read his book and love how he shares tips about skincare without spending a whole lot. You don't need surgery to look younger. As a stay-home mom, I couldn't afford to spend on such expensive treatments to look my best. The most expensive treatment is not the best. I've learned that making your own natural products are as effective and probably better for your skin. You'll even find beauty tips on applying makeup and how to contour your face. There are a lot of Youtube video tutorials you can find as well that are useful.

This book is easy to read and understand. Dr. Youn has included very useful information that many of us might not



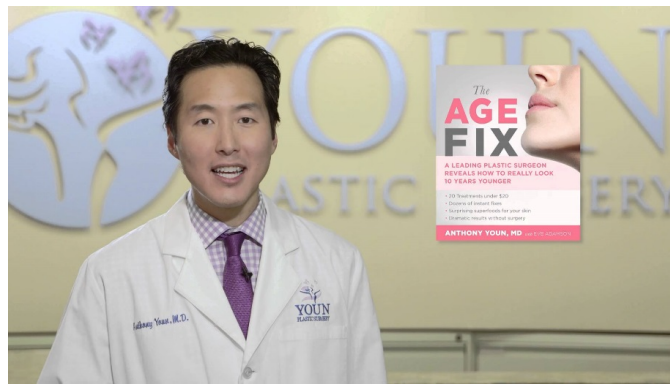
have thought of.

This is such an informative book that we can learn about beauty without using expensive products. I am definitely recommending it to my girl friends.

From your face, to your neck, your hands, your eyes, and your body, THE AGE FIX has you covered with an abundance of actionable takeaways and insider advice to help you reclaim your youthful glow-without spending a fortune or going under the knife!

Here's what the experts know but aren't telling you-until now:

- The drugstore brand can be just as effective-or better-than the expensive cream at your dermatologist's office
- Surgery usually isn't the best solution
- Natural, DIY creams can actually get results, using ingredients that cost pennies
- Diet can be your best defense against redness, acne, fine lines, and wrinkles.



Dr. Youn is a rare plastic surgeon who does everything he can to keep his patients OUT of the operating room. He's spent the past 16 years researching the secrets of plastic surgeons, dermatologists, makeup artists, and dietitians, and he knows what works, what doesn't, and what's overpriced. Now he's compiled all of the solutions to every cosmetic aging problem in THE AGE FIX.

"Dr. Youn is a frequent guest on my show, and I can say without a doubt that he's a cut above the rest." Rachael Ray, TV host and New York Times bestselling author

"Dr. Youn is an innovator in the field of plastic surgery. This easy-to-read book informs, inspires, and entertains. I highly recommend it!" Robert Rey, MD, MPP, star of Dr. 90210 on E!



ABOUT THE AUTHOR

Anthony Youn, M.D. F.A. C.S is a nationally-recognized, board-certified plastic surgeon who is considered one of the country's best-known experts in looking younger with or without surgery. Recognized as a leader in his field, Dr. Youn is valued for his honest approach and ability to speak to all areas of health and well-being. More than being a regular expert on The Rachael Ray Show, The Dr. Oz Show, and The Doctors, Dr. Youn's expertise has also been featured on Good Morning America, Today, CBS This Morning, Fox News, CNN, HLN, E!, The New York Times, USA Today, and People Magazine. Dr. Youn is also a regular contributor for CNN.com, NBCNews.com, and The Huffington Post.

A national lecturer, Dr. Youn has also published *In Stitches*, his critically-acclaimed and award-winning memoir of becoming a doctor (Gallery Books/Simon & Schuster, 2011). Named a "Top Plastic Surgeon" by U.S. News and World Report and Harper's Bazaar, Dr. Youn is a member of the American Society of Plastic Surgeons (ASPS), American Society for Aesthetic Plastic Surgery (ASAPS), and a fellow of the American College of Surgeons. He is an Assistant Professor of Surgery at the Oakland University William Beaumont School of Medicine.

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