

Nicholas Perricone, MD


Healthy Aging Expert and #1 *New York Times* Bestselling Author

**REVOLUTIONIZE YOUR BEAUTY AND HEALTH ROUTINE WITH
THE BEAUTY MOLECULE!**

NICHOLAS PERRICONE, M.D.

*#1 New York Times Bestselling Author of
The Wrinkle Cure*

THE BEAUTY MOLECULE



VISIBLE RESULTS
IN 3 DAYS
WITH THE
ANTI-INFLAMMATORY
DIET INCLUDED

**INTRODUCING NEUROCEUTICALS,
THE BREAKTHROUGH FOR AGELESS BEAUTY**

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Nicholas Perricone, MD

Healthy Aging Expert and #1 *New York Times* Bestselling Author

Nicholas Perricone, M.D. is a renowned physician, scientist, educator, award-winning inventor, and bestselling author whose groundbreaking work has redefined beauty and wellness. As the founder of Perricone MD, a global cosmeceutical and nutraceutical brand, he pioneered the connection between youthful health and beauty through innovative, science-backed technology. With 237 issued patents worldwide across medicine, pharmacology, and aerospace, Dr. Perricone's contributions span far beyond skincare.

A recipient of the Eli Whitney Intellectual Property Award, Dr. Perricone has also created and hosted popular acclaimed Public Television Specials. He is the author of numerous #1 *New York Times* bestsellers, including *The Wrinkle Cure*, *The Perricone Prescription*, *The Perricone Promise*, and *Forever Young*.

Dr. Perricone is a Master of the American College of Nutrition, certified by the American Board of Dermatology, and a Fellow of the New York Academy of Sciences and the American Academy of Dermatology. He has held a variety of academic roles, including Adjunct Professor of Medicine at Michigan State University College of Medicine and Assistant Clinical Professor of Dermatology at Yale School of Medicine.

Known as the Father of the Inflammation-Aging Connection, Dr. Perricone continues to advance his holistic approach with the launch of the Perricone Hydrogen Water Company, expanding his work in anti-inflammatory and cellular health. A lifelong scholar, he recently earned a Master's in Public Health from the Executive Program at the Yale School of Public Health, further cementing his commitment to innovation and education. He lives in Connecticut.



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Nicholas Perricone, MD

Media Coverage and Credentials

Nicholas Perricone, M.D. is a globally recognized expert in longevity and skin health, with a career spanning decades in groundbreaking scientific research and innovation. His pioneering work has redefined healthy aging, beauty, and wellness.

With 237 issued patents worldwide across medicine and pharmacology, Dr. Perricone's research has shaped the fields of anti-aging, neurochemistry, and metabolic health.

MEDIA APPEARANCES & FEATURES

The Oprah Winfrey Show – Featured expert on inflammation and aging

Good Morning America – Interviewed on skincare and longevity science

PBS Specials – Hosted *Forever Young with Dr. Nicholas Perricone*

ABC News – Interview with Diane Sawyer on anti-aging breakthroughs

The Today Show – Discussing his anti-inflammatory diet and skincare research

CNN & Fox News – Expert guest on health, beauty, and aging science

Larry King – Featured expert on healthy aging and longevity

Dr. Oz – Featured expert on nutrition and anti-inflammatory diet

The View & Rachel Ray – Featured expert on healthy aging and longevity

The New York Times – Featured for his research on inflammation and longevity

The Wall Street Journal – *The rise of cosmeceuticals and his impact on the beauty industry*

Forbes – Interviewed about longevity science and nutraceuticals

Vogue & Harper's Bazaar & Allure – Featured in beauty & wellness sections for skin & health advice

MindBodyGreen & Well+Good – Insights into nutrition and cellular health for beauty

CREDENTIALS

Board-Certified Physician and World-Renowned Healthy Aging Expert

#1 New York Times Bestselling Author

Recipient of the Eli Whitney Intellectual Property Award for groundbreaking medical research

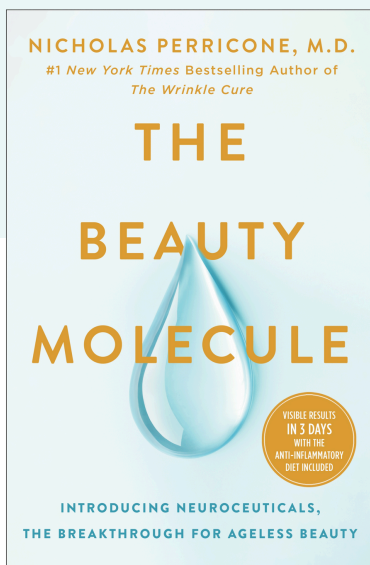
Adjunct Professor of Medicine, Michigan State University College of Medicine

Assistant Clinical Professor of Dermatology, Yale School of Medicine (former)

Master of the American College of Nutrition

Fellow of the New York Academy of Sciences & American Academy of Dermatology

Public Television Host of multiple nationally acclaimed PBS Specials



#1 *New York Times* Bestselling Author Nicholas Perricone, MD Unveils *The Beauty Molecule*

Revolutionize your beauty and health routine with *The Beauty Molecule* (St. Martin's Press, on-sale 04/15/2025), the groundbreaking new discovery from Dr. Nicholas Perricone, the pioneer of the anti-inflammatory movement. Explore the science of neuroceuticals—cutting-edge compounds that harness the brain-body connection to reverse cellular aging, restore skin radiance, and unlock unparalleled vitality.

In *The Beauty Molecule*, Dr. Nicholas Perricone introduces acetylcholine (ACh), a groundbreaking discovery that works on a cellular level to boost energy, enhance cognitive function, fortify overall health, and rejuvenate the skin. At the forefront of this revolutionary program is Antioxidant 3.0, a next-generation approach to combating inflammation and cellular aging. Together, these innovations form the foundation of a science-driven program that connects the brain and body to unlock optimal health, lasting vitality, and true beauty from the inside out. Backed by decades of research, Dr. Perricone's transformative program combines neuroceuticals, anti-inflammatory nutrition, hydrogen water, and practical lifestyle strategies to deliver visible results in just 21 days.

Inside *The Beauty Molecule*, Dr. Perricone reveals:

- **How to slow mitochondrial aging** with powerful amino acids like glycine and N-acetyl cysteine.
- **The secret connection** between the vagus nerve and acetylcholine—the ultimate mind-beauty link.
- **Hydrogen water: The magic bullet** for cellular renewal, muscle tone, memory, and radiant skin.
- **Antioxidant 3.0**, A next-level defense against inflammation and aging.

Your skin is the body's largest organ—and often a canary in the coal mine for underlying health issues. Conditions like acne, rosacea, eczema, and psoriasis can signal deeper inflammation and accelerated aging. Dr. Perricone reveals how to slow mitochondrial aging with amino acids like glycine and N-acetyl cysteine, harness acetylcholine as a master metabolic regulator, and explore the mind-beauty connection through the vagus nerve. He also introduces hydrogen water, a small-but-mighty molecule that helps prevent cellular degeneration, improve muscle tone, enhance memory, and boost vitality—plus, he provides tools to make it at home.

His anti-inflammatory diet nourishes skin, mitochondria, and overall health with nutrient-rich foods like nuts, seeds, cruciferous vegetables, grass-fed beef, and free-range poultry—a flexible, enjoyable plan designed for beauty and longevity without unnecessary restrictions.

Beyond nutrition, *The Beauty Molecule* outlines a comprehensive wellness plan incorporating breathwork, movement, sunlight exposure, and topical treatments—practical steps you can start today. **This is not just another beauty routine—it's a long-term lifestyle revolution.**

Nicholas Perricone, MD

From the Author

For years, friends and colleagues have asked me, “When are you going to write another book?” I always said that I wouldn’t until I had something truly new and groundbreaking to share—and now, I do. The Beauty Molecule represents decades of research into cellular health, longevity, and the powerful link between beauty and disease prevention.

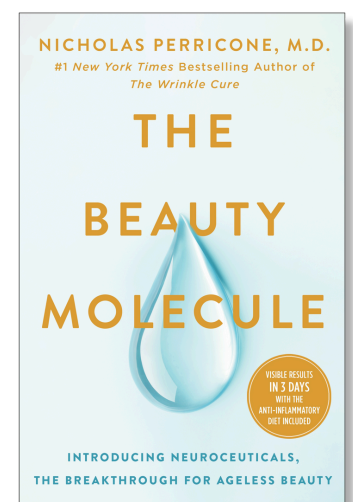
Our skin is often the canary in the coal mine—a visible reflection of what’s happening beneath the surface of our health. As the largest organ in the body, it can provide early warnings of underlying inflammation, imbalances, and disease. Conditions like acne, rosacea, eczema, and psoriasis aren’t just cosmetic concerns; they can be signals of deeper physiological issues affecting overall well-being. Understanding this mind-body connection has been at the core of my work, and it’s what led me to write this book.

One of the most exciting breakthroughs in my research is understanding how we can slow mitochondrial aging and tap into the power of master metabolic regulators. And one of the secrets at the center of it all? Hydrogen—the “magic bullet.” Though small, this mighty molecule has the extraordinary ability to forestall and even reverse cellular degeneration. It has the potential to restore muscle tone, enhance cognitive function, improve learning and memory, and promote external radiance—all while giving us a stronger shot at a longer, healthier lifespan.

With The Beauty Molecule, I wanted to share not only the science behind these discoveries but also practical ways to harness this knowledge for real, transformative results. It’s been over a decade since my last book, and in that time, the field of longevity, science and cellular health has advanced in extraordinary ways. This book brings those breakthroughs directly to you, offering a guide to living healthier, longer, and with greater vitality—from the inside out.

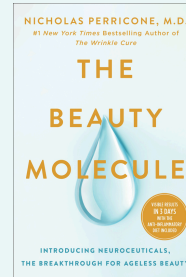
I hope you enjoy this journey as much as I have in writing it.

Nicholas Perricone, M.D.



Nicholas Perricone, MD

Longevity and Health Tips from *The Beauty Molecule*



1. Your Skin is a Reflection of Your Health

"Your skin is your body's largest organ—and its greatest storyteller. From acne to fine lines, your skin reveals what's happening beneath the surface. True beauty starts at the cellular level."

2. Hydrogen: The Most Powerful Anti-Aging Molecule

"Hydrogen is the smallest molecule in existence—but don't underestimate its power. It can penetrate deep into cells, fighting inflammation, reducing oxidative stress, and promoting youthful skin and peak cognitive function."

3. The Vagus Nerve: Your Body's Anti-Aging Superhighway

"Beauty isn't just skin deep—it's brain deep. The vagus nerve controls inflammation, stress, digestion, and overall skin vitality. Activating it through breathwork, meditation, and diet can transform your appearance and longevity."

4. The 21-Day Beauty Molecule Plan

"It takes 21 days to reset your biology. The Beauty Molecule lifestyle combines anti-inflammatory nutrition, hydrogen water, and targeted supplements to slow aging, boost energy, and enhance radiance—inside and out."

5. Beauty & Aging Are a Mitochondrial Game

"Mitochondria aren't just the powerhouses of the cell—they dictate how you age. When they slow down, so does your skin, metabolism, and energy. Supporting mitochondrial function is key to beauty and longevity."

6. The Magic of Acetylcholine (ACh) for Cognitive & Skin Health

"Acetylcholine is your brain's master neurotransmitter—and your skin's best friend. Boosting it can improve memory, mood, and muscle tone while promoting a firmer, more youthful complexion."

7. Antioxidant 3.0: The Next Generation of Anti-Aging Science

"Antioxidants have evolved. Welcome to Antioxidant 3.0—an advanced approach that doesn't just fight free radicals but also enhances cellular communication, repairs DNA, and extends your healthspan."

8. The Anti-Inflammatory Diet for Lasting Youth

"Chronic inflammation accelerates aging. The anti-inflammatory diet—rich in wild salmon, berries, nuts, and cruciferous vegetables—keeps your skin glowing, your brain sharp, and your body thriving."

9. Sleep & Recovery: The Forgotten Beauty Secret

"Great skin isn't just about what you put on it—it's about how you recover. Sleep fuels cellular repair, detoxifies the brain, and supports collagen production. Prioritize deep rest for true beauty."

10. Hydrate Like Your Life Depends on It—Because It Does

"Dehydration isn't just about dry skin—it impacts cognitive function, digestion, and even mood. Drinking structured water, hydrogen water, and mineral-rich fluids ensures optimal cellular hydration for a vibrant, youthful life."

Dr. Perricone Hydrogen Water

WHY HYDROGEN WATER?

Building upon more than two decades of research in inflammation, longevity, and cellular health, Dr. Perricone is expanding his work with the launch of the Perricone Hydrogen Water Company. His mission is to provide a scientifically supported, accessible solution for those seeking to enhance their health through innovative, natural methods.

THE SCIENCE BEHIND HYDROGEN WATER

Dr. Perricone explores the power of molecular hydrogen in his latest book, *The Beauty Molecule*, offering insights on its impact on cellular health and even providing step-by-step instructions on how to make your own hydrogen water at home.

Hydrogen is the smallest and most bioavailable molecule in the universe, making it uniquely capable of penetrating cells rapidly and efficiently. Studies suggest that molecular hydrogen may support cellular energy production, reduce oxidative stress, and enhance overall well-being.

With a foundation in rigorous scientific research, Perricone Hydrogen Water offers a simple yet powerful way to support long-term vitality and well-being.



KEY BENEFITS OF HYDROGEN WATER

- ✓ **Cellular Protection & Antioxidant Support** – Helps combat oxidative stress and protect cells from damage.
- ✓ **Enhanced Energy & Mental Clarity** – Supports mitochondrial function for sustained physical and cognitive energy.
- ✓ **Improved Circulation & Skin Health** – Promotes healthy blood flow and skin rejuvenation.
- ✓ **Supports Autophagy & Cellular Repair** – Aids in the body's natural process of clearing out damaged cells for longevity.
- ✓ **Post-Workout Recovery** – Helps reduce inflammation and oxidative stress in muscles, promoting faster recovery.

FOR IMMEDIATE RELEASE
CONTACT FOR
MEDIA INQUIRIES

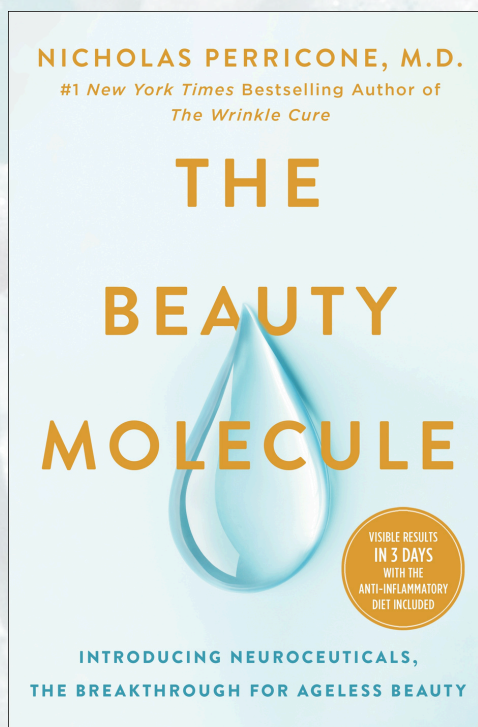
For interviews, review copies, event appearances, or media opportunities,
please contact:

Shannon Pastuszak
shannonpastuszak@gmail.com
#617.921.7457

OR

ST. MARTIN'S PRESS PUBLISHING GROUP
John Karle
John.Karle@stmartins.com

#1 New York Times Bestselling Author
Nicholas Perricone, MD



THE BEAUTY MOLECULE
By Nicholas Perricone, M.D.

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