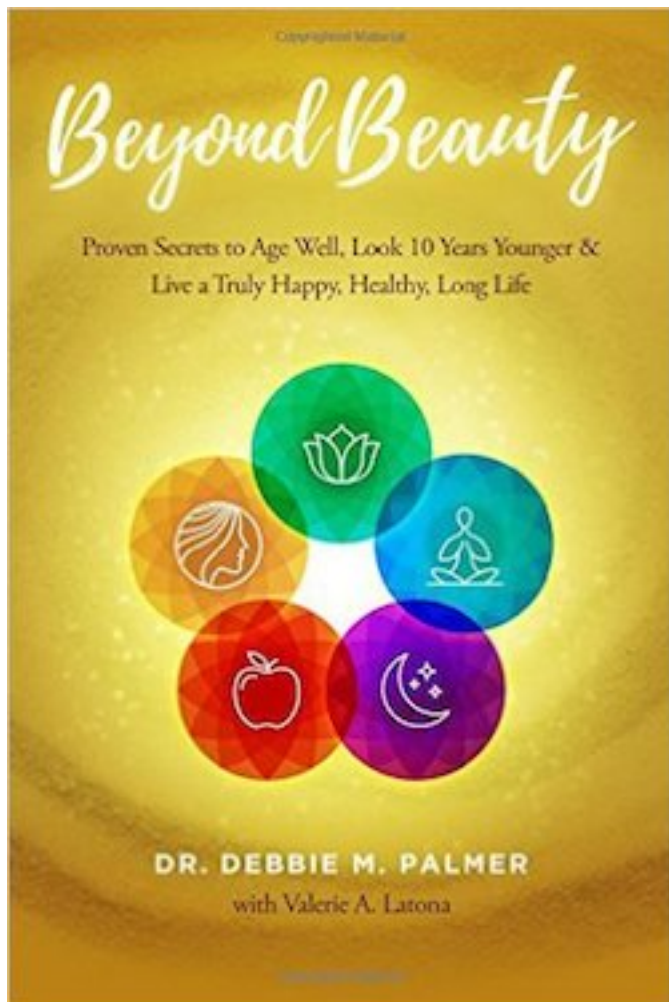


Book of the month: Beyond Beauty by Dr. Debbie Palmer

Dermatologist Dr. Debbie Palmer Shares Her Secrets to Looking Younger and Living a Healthier, Happier Life in New Book, Beyond Beauty

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Dr. Debbie Palmer, Board Certified Dermatologist and Medical Director and Co-founder of Dermatology Associates of New York, announces the launch of her second book Beyond Beauty, available now on Amazon. This new book is a culmination of Dr. Palmer's 17 years of experience working in dermatology, along with contributions from former Editor in Chief of Shape Magazine,

Valerie Latona. The book is a practical guidebook to aging well in the modern world. It offers readers simple, do-able tips—backed by the very latest research—on how to make over the health of their body and, in doing so, dramatically transform their skin.

Dr. Palmer guides readers through the process of replacing unhealthy habits (in their diet, their exercise regime, their sleep rituals, and their skincare routine) with more nourishing ones. She also links inner peace and spirituality to radiant, younger-looking skin. As a final step in the process of feeling and looking younger, Dr. Palmer delves into the latest in-office anti-aging techniques available today. But—as she tells readers—no in-office techniques will have lasting effects until a healthier lifestyle is established.

“This book is a compilation of my years of experience conducting studies and working with dermatology patients day in and day out. It’s filled with all of my top tips and secrets for a happy and healthy life, and shares my philosophy that a balance of physical and mental well being is the key to more vibrant and gorgeous skin,” explains Dr. Palmer.

Dr. Palmer is one of only several hundred dermatologists in the country also trained in osteopathic medicine, a holistic philosophy and approach that relates each part of the body to the entire system. She is also one of the country’s leading experts in the field of antioxidants and how they can improve the health and appearance of the skin and is the founder of Replere® skin care, one of the most potent antioxidant skincare lines on the market. Her work has been published in leading medical journals and she regularly gives lectures nationally and internationally about the benefits of healthy eating, antioxidants, and anti-aging.

Beyond Beauty by Dr. Debbie Palmer is available now on Amazon for \$19.99.

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