

# THE SECRET CAUSE OF WRINKLES

[Video Transcript](#) interview with  
*New York Times* Bestselling Author Nicholas Perricone MD

By Jorge Cruise, Creator of  
[www.TheBellyFatCure.com](http://www.TheBellyFatCure.com)





Jorge & Dr. Perricone – January 2010

I'm about to have a conversation with Dr. Nicolas Perricone. Dr. Perricone's been on the Oprah show...

[Oprah in background]: "Now his brand new book, The Perricone Promise, is already a best seller. Dr. Perricone, you say that if you eat the right foods, you can take off 10 years in less than a month? Really?"

Dr. Perricone: 28 days.

Oprah: 28 days.

Dr. Perricone: You can see a difference in three days.

Oprah: You can see a difference in three days? I'm gonna start tomorrow!!

Jorge: He has some information that I want to share with you and I've not spoken to him before. This'll be the first time I've spoken to him in person ever, over the phone. But it's a conversation I can anticipate will be eye-opening, will be what Oprah would call an "aha!"

moment about what sugar does to our skin and how it ages us. So, please listen in and take notes. This should be a conversation that you'll want to share with your loved ones, you'll want to share with other people because...especially for anyone out there that is concerned about accelerating aging and minimizing that. This is gonna be very "aha!" moment information. So let's get to it. Let's call Dr. Perricone now.

Jorge: Well, Dr. Perricone, thank you so much for spending this time with us here and briefly, you know, let's get right to it, how sugar impacts our exterior, in the sense of the wrinkles.

Dr. P: Chronic elevated blood sugar leads to attachment of the sugar to proteins, and that's a term you're all probably familiar with, you know, called glycation. So it's crucial that we essentially try to control our blood sugar insulin as carefully as you can to prevent the acute phase of [inaudible?] inflammation and then the chronic phase of glycation.

Jorge: So glycation...explain what that word means and, literally, if we were to paint a picture with our words, what it does to... And correct me if I'm wrong, but it's the elastin and the collagen proteins that get modified and damaged...

Dr. P: Once these bonds – when the sugar bonds – to proteins, and it chooses the long-lived proteins like collagen and elastin.

Jorge: Yeah.

Dr. P: And those collagens and elastins become cross-linked. The bad guy is sugar. Sugar attaches to the collagen and causes sagging. When we have nice, supple skin that is wrinkle-free and sag-free, it's a fact that those collagen bonds can cross over one another and, as we cross link them, they become stiff and inflexible. So stiff and inflexible and then, of course, because of the inflammation, the body actually secretes on a cellular level, enzymes that break down collagen and elastin. So you can imagine having stiff collagen that's no longer flexible. On top of that, the bonds themselves have been eaten away by these enzyme systems that are

activated by inflammation and free radicals, you see why we would lose the beautiful skin we have.

Jorge: But if there was one step, I often get resistance where they say, “Oh, it can’t be sugar. It’s gotta be something else.” But tell us how that one step really does alter our biochemistry and how making that occur can really make a significant transformation on this glycation process. Because I think coming from you, it’ll be a little different than coming from me.

Dr. P: Yeah. What I want everybody to understand that just eating one bad meal that is high glycemic causes a rise in blood sugar and a rise in insulin and then there is actually this rippling effect that lasts for up to three to four days, where blood sugar goes up, insulin goes up, blood sugar slows down, and then we repeat again, and that sends our appetite off the edge and we lose control of our appetite. We lose control of our blood sugar, we just don’t feel good and so the effects are long-lasting. And imagine if you’re doing that on a regular basis. what you end up with is cross linking of collagen and elastin, wrinkling and sagging of your skin, destroying the ability for all your organ systems to work efficiently and, therefore, you’re going to have dull, [radiant?] skin, large pores, sagging, wrinkling, less energy, a little depression, accumulation of body fat, osteoporosis of the bones, loss of muscle mass, because of inflammation, and overall loss of memory. So all those things can be affected by that, you know. So I can’t emphasize enough the importance that we can take control and we can have absolutely beautiful, healthy, radiant skin, an elevated mood, strong bones, good musculature, toned body into our 80s and 90s if we do things correctly.

Jorge: From what I’ve read, once tissue is damaged, it’s damaged, but skin can regenerate. Talk us through for someone who’s lived a lifestyle that is high in sugar that, you know, has some belly fat, obviously their skin has aged as well, a woman who’s maybe in her 50s or 60s and feels like, “Wow, this is great to know, but it’s too late for me.” Is it too late for them, Dr. Perricone? What would you say to that?

Dr. P: Well, the skin has a tremendous ability, like all organ systems, to repair itself when it has the right nutrients and we’re taking away



the inflammatory or exacerbating sugars. So, absolutely try this. I'm telling you, no matter what stage you are with your life, you can see a difference in a matter of days.

Jorge: That's what I was hoping you would share because I think that gives us all inspiration to actually do this and eat the good proteins and eat the good fats that you talk about. I feel over the last few years this Belly Fat Cure program that I've developed, which is helping people eat exactly what you've said here, is a shift. Not everyone thinks that, you know, sugar is bad. They think, obviously it's bad for your teeth or they think maybe it's bad for certain things, but the connection to our appearance and our health and not just weight, it's there. And I think what you've just shared right now, Dr. Perricone, is so brilliant and it's so...I mean, it is simple and it's just making a decision for someone listening right now that says, "All right, I hear Dr. Perricone, I've heard Jorge, all right. I want to do it, but I don't have the motivation." What can we, what would you share with them to cause a spark right now, to say we gotta do it. What's at risk if they don't?

Dr. P: Yeah, all I can say is to everybody that reads this is no matter what your desires are in life, no matter what your goals are, you're gonna be able to achieve them by taking good care of your body.

Because your body is essentially there to serve you and it's gonna do a wonderful job – body and mind – if you take care of it.

Jorge: You know, any time I have a conversation with someone like yourself, it just, it makes me feel good. So thank you for sharing your extraordinary message, Dr. Perricone. Thank you so much.

Dr. P: Pleasure, Jorge, any time.

Jorge: Thank you so much and we'll keep in touch. Thanks again.

Dr. P: Bye bye.

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