

YOUNGER FOR LIFE

FEEL GREAT
AND LOOK
YOUR BEST WITH
THE NEW SCIENCE OF
AUTOJUVENATION

ANTHONY YOUN, MD

“A revolutionary guide to turning back the clock
from TikTok’s favorite holistic doctor!”

—Dr. Sandra Lee, aka Dr. Pimple Popper

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Praise for ANTHONY YOUN, MD

“Only one person can fill the shoes of being America’s Holistic Plastic Surgeon, and that’s Dr. Anthony Youn. It’s no surprise that millions of people across the globe follow him closely for the best advice to turn back the clock.”

—JJ Virgin, *New York Times* bestselling author of *The Virgin Diet*

“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

“Dr. Anthony Youn is a worldwide force for promoting health and his brand of holistic plastic surgery. If you want to look and feel your best, even without going under the knife, then he’s your man.”

—Kellyann Petrucci, *New York Times* bestselling author of *Dr. Kellyann’s Bone Broth Diet*

Younger for Life

Feel Great and Look Your Best with the New Science of Autojuvenation

Anthony Youn, M.D.



HANOVER
SQUARE
PRESS

For Amy, the only person I want to grow old with.

This book is written to provide information on many of the various options for health and beauty that are currently available as of this publication date. It is based solely on the opinions of Dr. Anthony Youn, whose opinions may not reflect every doctor's standpoint. Before you undergo any cosmetic procedure, begin a skin care regimen or make major dietary changes, it is important that you consult with your physician to ensure that it won't adversely affect your health. Following any of the recommendations in this book does not constitute a doctor-patient relationship, and the author and publisher expressly disclaim any responsibility for any adverse effects arising from the use or application of the information contained herein.

Contents

Younger for Life.....	4
FROM REAL PEOPLE WHO TRIED THE YOUNGER FOR LIFE AUTOJUVENATION	10
PART ONE: THE CAUSES OF AGING	18
A BRIEF HISTORY (AND THE MYTHOLOGY) OF AGING	20
AGING IRL	22
ASSESSING YOUR INTERNAL AND EXTERNAL AGE	23
SCIENCE WEIGHS IN.....	28
BEGIN WITH THE SKIN	32
CHAPTER THREE: THE YOUNGER FOR LIFE PROGRAM	35
EAT FOODS TO FEED YOUR GOOD GUT MICROBES	48
REDUCE INFLAMMATORY FOODS.....	49
LOSE WEIGHT IF YOU HAVE A LOT TO LOSE	49
AUTOJUVENATING FOODS: ANTI-INFLAMMATORY FOOD LIST	50
AUTOJUVENATING FOODS: COLLAGEN-BOOSTING	58
FOOD LIST	58
CHAPTER SEVEN: EAT TO HEAL WITH ANTIOXIDANTS	59
YOUNGER FOR LIFE SOURCES OF ANTIOXIDANTS.....	61
AGE-ACCELERATING FOODS TO AVOID.....	68
STOP EATING TO PROMOTE CELLULAR.....	86
THE TRANSFORMATIVE EFFECTS OF AUTOPHAGY	87
CALORIE RESTRICTION.....	88
INTERMITTENT FASTING	89
EATING TO PROMOTE AUTOPHAGY	93
PROMOTING FOODS	94
THE YOUNGER FOR LIFE SUPPLEMENT.....	96
THE YOUNGER FOR LIFE SUPPLEMENT PROTOCOL	98
CHAPTER ELEVEN: CLEANSING FOR AGELESS SKIN	104
CHAPTER TWELVE: PROTECTION FOR AGELESS SKIN	109

CHAPTER THIRTEEN: TREATMENTS FOR AGELESS SKIN....	114
MAKE WAY FOR YOUNGER SKIN WITH EXFOLIATION	114
THE GOLD STANDARD: RETINOIDS	115
RETINOL: OTC RETINOIDS	117
GROWTH FACTORS.....	117
PEPTIDES	117
BRIGHTENING TREATMENTS	119
THE TWO MINUTES, FIVE YEARS YOUNGER SKIN CARE ROUTINE.....	124
THE ULTIMATE YOUNGER FOR LIFE SKIN CARE ROUTINE	126
PART FOUR: THE AUTOJUVENATION JUMP START.....	127
PART ONE: THE YOUNGER FOR LIFE DIET, PHASE 1.....	130
— <i>FEASTING</i>	130
PART TWO: THE AUTOPHAGY DIET, PHASE 2.....	131
PART THREE: THE YOUNGER FOR LIFE SUPPLEMENT PROTOCOL	133
PART FOUR: THE YOUNGER FOR LIFE SKIN CARE ROUTINE	133
THE SCHEDULE	134
OVERVIEW OF THE JUMP START.....	137
PHASE 1: BREAKFAST SMOOTHIES	138
PHASE 1: LUNCH	141
PHASE 1: DINNER.....	148
PHASE 1: SNACKS	155
PHASE 1: DESSERTS.....	157
PHASE 2: JUMP START AUTOPHAGY DIET RECIPES.....	160
CHAPTER SEVENTEEN: AUTOJUVENATE WITH BETTER SLEEP	170
AUTOJUVENATE BY MANAGING STRESS	178
REGENERATE WITH NEXT-LEVEL HOLISTIC ANTI-AGING TREATMENTS.....	187
DIY HOME TREATMENT #2: LASERS AND RED LIGHT	189

THERAPY	189
WHEN WHAT YOU’VE DONE IS STILL NOT ENOUGH	192
OFFICE TREATMENT OF SUN SPOTS	196
CHAPTER TWENTY-ONE: SAGGING, SINKING, AND DROOPING.....	196
CHAPTER TWENTY-FOUR: PLUMPER LIPS, WHITER TEETH	216
LIP PLUMPING FOR A YOUNGER-LOOKING MOUTH	216
DR. YOUN’S DIY LIP PLUMPER.....	217
WHITER TEETH, BRIGHTER SMILE	218
CROWNS AND CAPS	220
WHITENING.....	220
CURING HAIR LOSS FROM THE INSIDE OUT	223
CURING HAIR LOSS FROM THE OUTSIDE IN.....	224
WHAT I DID FOR MY THINNING HAIR	226
CHAPTER TWENTY-SIX: WHAT REALLY MATTERS.....	227
ACKNOWLEDGMENTS	230
AGE-ACCELERATING FOOD LIST	237
SKIN CARE BRANDS THAT ARE DR. YOUN–APPROVED	238
YOUN BEAUTY SKIN CARE.....	240
YOUN BEAUTY NUTRITIONAL SUPPLEMENTS	241
ABOUT THE AUTHOR	242
REFERENCES.....	243
INDEX.....	259

TESTIMONIALS:

FROM REAL PEOPLE WHO TRIED THE YOUNGER FOR LIFE AUTOJUVENATION JUMP START

“I am honestly *amazed*. I can’t believe what an all-over benefit I got from this. I don’t look in the mirror and cringe anymore. I also *loved* that I didn’t feel restricted in any way. The whole family ate with me and loved it!”

—B. C., age 53

“My face is so *smooth* and feels hydrated pretty much all day, which is something I was struggling with. I have seen huge changes in my chest and hands, too!”

—A. R., age 54

“My friends have noticed the improvement in my skin—looking younger, glowing, and *fresh*. They’re surprised I’m not wearing makeup and look like this with a fresh face!” — S. A., age 44

“After completing the three-week Autojuvenation Jump Start, my face appears fuller, the dark circles around my eyes are less prominent, I have more color in my face, and there’s a reduction in small wrinkles. My husband says my skin looks 37% better! Within eight days of starting the program, I had two unsolicited comments about how great my face looks!”

—L. F., age 59

“I’ve had positive comments that I look great and my face is apparently glowing! This program helped get my mind and body into healthy habits.”

—P. B., age 56

“My skin is smoother, I feel energized, and I know that I’m doing something good for my health and appearance!”

—D. A., age 46

INTRODUCTION:

HOW OLD ARE YOU, REALLY?

I'm a Boomer.

Well, not really in the classic sense, as Baby Boomers were traditionally born between 1946 and 1964. Technically I'm Generation X, yet young people, and especially my millions of fans on social media, like to call me a Boomer because to *them* I seem old. In their eyes, *Boomer* is a word *young* people use to describe *old* people—people who are old and therefore surely clueless about life in today's modern world.

I don't like to be insulted on my own social media accounts, so I've blocked any comment that includes the term "boomer." I've also blocked the terms "simp," "shart," and "fivehead," but those are whole other matters. The main thing is that I don't like being reminded of my age, and the fact that I'm no longer considered the "young doctor." But notice how I emphasize the words *old* and *young* with italics. That's because the meaning of these terms has evolved.

Because you've picked up this book, I assume you know what it feels like to be what you think of as old. Whether in looks, attitude, or energy level, whether you are pushing 30 or 50 or even 90, something has changed.

Maybe you're one of my TikTok followers in your mid-to-late-twenties and are just now noticing that your skin doesn't bounce back the way it used to after an indulgent night out. You could be in your thirties and seeing *11* lines, crow's feet, and frown lines, or more than a few gray hairs, and you wonder if you can reverse what's happening. Maybe you're like me, straddling your forties and fifties, and noticing the skin under your neck starting to sag, right along with your former level of vim and vigor. Or quite possibly you are in your sixties and seventies and seeking ways to keep looking as young as you feel inside—or feeling as young as you used to feel.

Whoever you are, whatever your age, if aging concerns have casually crossed your mind or are constantly weighing on you, this book has solutions.

Although I believe that aging is a blessing (the alternative is certainly undesirable), it's no fun to look in the mirror and see a face that doesn't project the youthful vibrancy you would like. It can be disheartening to notice that you're slowing down or don't feel like yourself anymore on the inside.

But can you really do something about aging? Can you really rejuvenate, both inside and out? Can you reverse the course of slow decline? Of course not.

Or...can you?

I believe that, in many ways, yes, you can look and feel younger for life by halting or even reversing the processes that cause the signs of aging we all know too well. I call this process *autojuvenation* and it is what this book is all about—I'm going to show you simple methods for encouraging your body to rejuvenate itself, so that rejuvenation becomes almost automatic. When you follow the Younger for Life Program, you can harness your body's own natural rejuvenative powers in ways that can help you to look and feel younger.

The fact that you've picked up this book means that you're not just going to let aging happen to you. You have control over how fast it goes, and with this book, you'll be able to autojuvenate yourself back to a younger you.

I don't mean literally turning back the clock, of course. I'll never be 20 or 30 again and frankly wouldn't want to go through the trials and tribulations of those less secure years. (Okay, maybe I'd take a time-travel trip back to age 30...) Once you've passed those landmarks, you can't go back either. However, if much of aging is about the damage caused by environment and lifestyle (and it is), we absolutely can slow it or even reverse the processes that are causing it to happen before it really must. We can go back in time in many ways: in how we feel, look, and act, while still retaining the wisdom of our years and our better, healthier habits (which you'll learn about in this book).

Reversing the premature aging caused by lifestyle doesn't require a souped-up DeLorean time machine, a special pill, or even plastic surgery (and I say this as someone who makes his living doing plastic surgery). All it takes is you doing a few things a little differently.

Humans are meant to age. Aging is inevitable as long as time is inevitable. However, we are not meant to age the way most of us are currently aging. I think we've forgotten what natural aging even looks like. We aren't meant to decline slowly and suffer with pain, disease, and disability for years before our time is up. Aging isn't supposed to feel bad. That is neither normal nor inevitable.

You can control the major factors that influence premature, unnatural aging in most people. If you know how to eat, take care of your skin, provide your body with the right nutrients, manage your stress, and have a young attitude, you really can slow, stop, or even reverse many of those processes that keep you from staying healthy and functional into old age. I'm talking about inflammation, collagen degradation, oxidative stress from exposure

to sun and pollution and harmful chemicals, chronic stress, suboptimal nutrition, and what I call *old thinking*. In this book, I'm going to show you:

- how to be choosier about the quality and purity of your food, as well as when and how much you eat; how to take care of
- your skin differently so it can bounce back to how it looked years ago; and how to learn to embrace the lifestyle, attitude,
- motivation, and habits of a much younger you.

Trust me when I tell you that it is *never* too late to reverse the aging process. Wherever you are now, you can turn back the clock. And if you are just seeing those pesky signs of aging rearing their obnoxious little heads, then it's possible for you to drastically slow down their progression. Let's kick aging to the curb!

Because I treat people every day who are worried about aging, I hear what their concerns are, and I know what people are looking for as they seek youth and beauty. They want to look younger, but what they really want is to *be younger*. So why get a facelift when you could get a *life lift*?

I predict you're going to love what happens to your face, not to mention the rest of you, when you change how you eat, switch to a clean skin care routine, upgrade your sleep, channel your stress, experiment with agedefying intermittent fasting, spend some time doing yoga and meditation (really, it's not difficult), and start thinking like the person you were before you started feeling old.

These are just some of the cures you'll find within these pages, and I know they work because I have tested them on my patients and on myself. You'll read some of the testimonials from my patients and followers, and you'll see how effective the Younger for Life Program can be—and best of all, it doesn't require plastic surgery.

In this book, I'll introduce you to the two-phase Younger for Life Diet. Phase 1 is about nourishing and rebuilding collagen, and Phase 2 is about increasing cellular rejuvenation.

Next, I'll give you a transformative clean-beauty regimen you can use for the rest of your life.

I'll put the two together in the form of an easy-to-follow three-week Autojuvenation Jump Start.

Then I'll cover the most important lifestyle changes for reversing the aging process at the cellular level, including instructions for sleep hygiene, yoga, exercise, meditation, and natural dental care.

Finally, for those who are interested, I'll tell you about some of the more advanced (but noninvasive or only minimally invasive) technologies that can target the damage caused by lifestyle and environment, including

everything you ever wanted to know about Botox, fillers, microneedling, chemical peels, red light, fat-blasting treatments, and fractional lasers, so you can decide for yourself if any of these are right for you. Maybe they are, but with an anti-aging diet and lifestyle, you may decide that you don't need them because you are so happy with the results from simple lifestyle changes.

With *Younger for Life*, you will be aging in reverse. You'll see *and feel* the difference. You might even suspect that you really *have* turned back the clock 10 or even 20 or more years. Maybe this book is the time machine you've been waiting for (minus the DeLorean).

DIDN'T I ALREADY FIX THIS PROBLEM?

In my last book, *The Age Fix*, my premise was that external signs of aging can be fixed, mostly through noninvasive or minimally invasive techniques and procedures. I wanted to help people achieve an appearance that matched the youthful way they felt on the inside. But that book was aptly named because it was indeed about fixes—ways to *look* and *seem* younger. I was happy with that book, even though some readers didn't like that I included information about actual plastic surgeries. (I am a plastic surgeon, after all.) But what I didn't talk about enough (in retrospect) was the part about how old people *feel*.

I've been pondering the difference between the appearance of aging and the feeling of aging for several years now, but I've only recently come to a point in my life and career where I could really search for the answers. I've been busy! That's because after *The Age Fix* came out, my practice hit a pinnacle of success—or so I thought.

There is an idea, in the world of medicine, that the bigger the surgery you perform, the bigger the prestige and the more successful you are. When surgeons are residents in training, we do lower-level operations, hoping that someday we'll be experienced enough to do the big ones. For general surgeons, the ability to perform a Whipple procedure is considered the pinnacle of surgical prowess. This is a complicated and difficult eight-to-ten-hour cancer surgery. And no, you are not allowed to go to the bathroom in the middle of it. (People really do ask that.)

For plastic surgeons, our Whipple procedure is the facelift. Facelifts are complex and difficult, and they cost the most of any plastic surgery. Heck, during the operation, we are literally peeling the skin off a person's face! People may not care too much who does their liposuction, but they are very picky, and rightly so, about who does their facelift.

When I started out in residency, I spent a lot of time pulling out unwanted varicose veins. A year later, I was scrubbing in on skin-cancer removals, and after that, trauma reconstruction. Most plastic surgery residents only begin assisting and performing facelifts when they hit their final year of residency, when they are almost done with their training and are bona fide surgeons themselves.

So once I was in practice, I gauged my success by how many facelifts I had on my schedule. Lots of facelifts meant lots of success. After *The Age Fix* came out, I had a one-year waiting list for facelifts. Then one afternoon, I had a patient who experienced a horrible complication from a facelift I performed. I was devastated. I went over and over in my mind how I might have prevented the tragedy. While I don't think there was anything I could have done differently, it was a terrible, heartbreaking event, and I began to ask myself: What if the ultimate goal of a plastic surgeon isn't about doing the most complex, expensive, or prestigious surgeries? What if it's just the opposite? What if the real goal, the true sign of greatness, was to keep people out of the operating room altogether?

It's not exactly a logical thought. How can a surgeon who doesn't perform surgeries be successful? But I began to look at my profession and how I practice medicine in a new light after that event. There will always be those who want facelifts and will only get the changes they are looking for by going under the knife. But there are many, many more people who would never get a facelift—people who would still very much like to get the *effect* of one—who want to look dramatically younger on the outside but without the trauma and cost of having actual surgery. Wouldn't it mean more if I could help people to look, feel, and actually *be* younger, without ever booking a single plastic surgery procedure?

In plastic surgery, we do many different kinds of so-called anti-aging procedures, but they don't actually reverse aging. These procedures may make you look younger, but the cells in your body won't function in the way younger cells do. I know plenty of people with 30- and 40-year-old faces who have 50- and 60-year-old insides, including celebrities and influencers. This distinction began to interest me more and more. How could I fix *that problem*? How might I impact people who are aging internally more quickly than is natural?

This new ambition led me into the realm of holistic medicine, where the focus is not so much on the symptoms but the root cause of dysfunction. Instead of trying to erase wrinkles and lift drooping skin, or accepting low energy, joint pain, poor sleep, unwanted weight gain, and brain fog as “just aging,” this approach to health focuses on the *why*. Why are you developing wrinkles, sagging, fatigue, degraded posture, chronic pain, and that general, difficult-to-define state of just feeling *old*? Because your cells are aging

faster than is necessary. Once you realize this, you can begin to change the way your body is aging at the cellular level by changing how you live.

In holistic medicine, that is where the treatment starts, and in this book, that's where autojuvenation starts: at the cause end, not at the symptoms end. Holistic and forward-thinking doctors look at why joints are getting stiff and creaky, why digestion isn't working as well, why cellular turnover has slowed, why hair fades and thins, why skin wrinkles and crepes, and why arteries harden and insulin stops working.

When I began to look to the root causes of aging, it changed my practice permanently. I'm still a plastic surgeon. I'm not a nutritionist, fitness trainer, endocrinologist, cardiologist, or neurologist, and I won't ever pretend to be any of those things. I still do surgeries for those who want them, but I have also spent thousands of hours over the last ten years learning about a way of treating patients that I was never taught in medical school or in residency.

I've learned that food is medicine, that meditation adjusts brain chemistry and structure, that movement triggers changes in the body that don't happen in sedentary people, and that what you put *in* your body, as well as what you put *on* it, can transform how your skin ages. Bottom line: How you live will change how you age, and how you age influences how old you feel and how well you will function *as well as* how you look. In short, how you live can accelerate aging or it can autojuvenate you.

That said, aging is most certainly not a disease. Thinking of aging this way is a pretty recent cultural development. There is so much you can do that will help you to look and feel better that you will never hear about from your regular family doctor (or dermatologist, gynecologist, or endocrinologist). But you're going to hear it from me, and I think you're going to like what you hear. Plastic surgery is a fix, but we can do more than patch up symptoms. The key is autojuvenation, so we can be younger for life.

**PART ONE: THE
CAUSES OF AGING**

CHAPTER ONE:

WHAT IS AGING, AND HOW GRACEFULLY ARE YOU DOING IT?

“How old are you?”

Most people have the common sense (or courtesy) not to ask this question of just anybody, but I get asked this all the time. When I started my practice in 2004 at the tender age of 31, patients would ask me this because they thought I looked too young to be a plastic surgeon.

Unfortunately, those times are long gone, and now I’m asked about my age as more of a curiosity than anything. I once had a patient coming out of anesthesia after an operation ask the nurse, “How does Dr. Youn have so much hair when he’s *so old*?”

On social media, all the gloves are off in my comments section.

“This doctor looks like he’s 20, but I think he’s 60.”

“You’re as old as my grandma but could pass as my cousin.”

“Why am I attracted to a man older than my dad? Yuck! And yum!”

Or my favorite, “His hair is black on his head, but I bet he’s completely gray *down there*.”

After almost 20 years in private practice, I empathize with my patients when they stand in front of the mirror and lift up the sides of their face to get a wistful glimpse of what they used to look like when they were younger. In our youth-obsessed culture, it’s totally natural to long for the look of a younger you and to want to reverse the signs of aging. People want to know if I practice what I preach or if my suggestions work, based on how old *I* look for *my* age. That’s why I so often get this question.

If you google me, you’ll find out my exact age and birthday. (It’s pretty creepy that the internet has this information completely correct and anyone can access it.) Still, I have fun answering this question when it’s posed to me online. I amuse myself by replying with random ages, ranging from 21 to 85. And the crazy thing is that people believe me, no matter what I answer!

“Really? You look great for 85!”

“Wow. I didn’t know you were 24. I thought you were 40! You look like crap! Use your own skin care!”

“That’s cool that you were a fighter pilot in World War II!”

Jokes and fantasy ages aside, aging is something most people begin to think about at some point, some earlier than others. I have patients in their

late twenties already worried about wrinkles. Despite the old saying that age is just a number, aging is much more complicated than either the number of years since your birth or that elusive *you're only as old as you feel*. What if you *feel* old but you want to feel young? What if your looks and how you feel don't match? What if you want to be young, not just on the surface but inside as well, with more energy, more vitality, a quicker mind, stronger muscles, and a heart, lungs, liver, kidneys, and hormone balance of someone in their prime? Many people want to know: Is that possible? Could it be possible? *Dr. Youn, please, tell us this is possible!*

Aging is a funny thing (or not so funny, when it seems to be happening to you in a fast and furious manner). One day, you feel pretty much like yourself, and the next day, you wake up and it's a little harder to get out of bed. You're feeling strangely *not* like yourself, and then you look in the mirror, and holy cow... "How did I go from being a Spice Girl to being a Golden Girl?" Or for me, "When did I get my dad's gray hair and permafrown?" At times like these, you may find yourself dreaming about how great it would be if there was a cure for aging.

Are you hoping I'm going to tell you there is?

I am! But before we get into the nuts and bolts of reversing the signs of aging that can be so detrimental to living the life you want to be living right now, let's talk about what aging really is...and isn't.

A BRIEF HISTORY (AND THE MYTHOLOGY) OF AGING

Aging is hardly a concern exclusive to the twenty-first century. Humans have been fascinated and obsessed by the idea of aging probably since they could see their own reflections in the surface of the water or feel their own bodies slowing down. Our preoccupation with aging is as old as the most ancient civilizations. Maybe it's the universally human fear of death, but I think it's more than that. We all know what it feels like to be young and vigorous, and I think you notice when you no longer feel that way. You want that energy back. You want to reclaim that luminous beauty that all young people have (whether they see it at the time or not).

I know I feel very different about my age now than I did back in my twenties. A 2018 study [1](#) asked people between the ages of 10 and 89 questions about aging, and found that the older people were, the more they wanted to live longer. Older people were also more likely to say they felt younger (mentally) than they really were. Younger people, on the other hand, were generally less concerned with longevity. Of course, so-called old age isn't yet looming when you're in your twenties. They were also less likely to say they felt younger than their age.