



Healthy Skin Diet

By Lisa Guy

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Healthy Skin Diet, Lisa Guy, There's no need to spend a fortune on expensive skin care products anymore. Healthy Skin Diet will arm you with all you need to make your own beautiful, natural skin care products at home - products that will be good enough to eat! The health of our skin is underappreciated. It provides a wonderfully informative measure of the health of our inner selves. What may first be revealed as dryness, itching and eczema, psoriasis, acne, or what we commonly dismiss as merely age-related wear-and-tear, are often manifestations of underlying or systemic health issues, dietary problems and nutrient deficiencies. Healthy Skin Diet shows you how eating a diet rich in skin-nourishing foods is the best way to improve the health of your skin and to protect it from environmental stressors that cause damage to skin cells and accelerated aging. It is an up-to-date and scientifically-based treasure chest of information you can use to promote beautiful, radiant skin by making the right food choices replete with 'super-skin foods' and primo complexion-boosting nutrients.



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