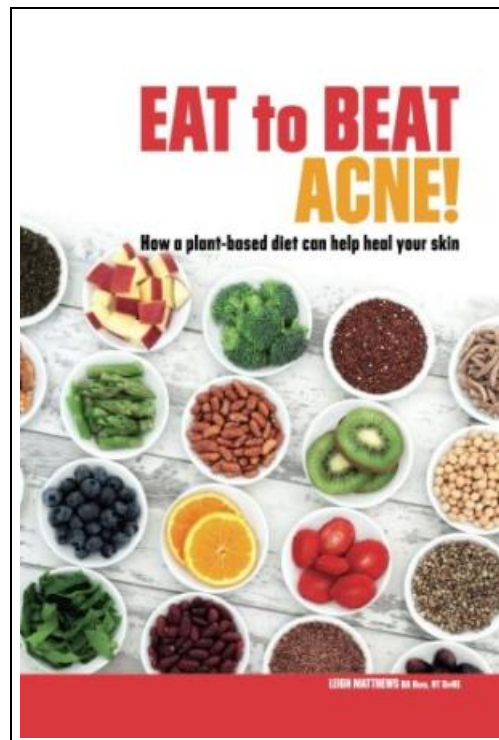


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Nhp Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fasting, cleansing, detoxing - do any of these really work when it comes to clearing acne? Eat to Beat Acne offers evidence-based solutions for those suffering with this common and debilitating skin condition. You ll see how hormonal imbalance, erratic blood sugar, inflammation, stress, and other acne triggers can often be brought under control simply by adopting a healthy and nutritious plant-based diet. Warning! This book may have seriously great side effects for your overall health and wellbeing! Eat to Beat Acne not only debunks some common myths about skin and diet, it will also improve your understanding of how fasting and detoxing can harm your skin and trigger acne breakouts. Arm yourself with a little nutrition know-how and experience real and lasting relief from acne. Are you ready to learn which foods can nourish and protect your skin? Now s the time to start loving the skin you re in. BONUS: See how simple everyday foods can be turned into fantastic home skincare treatments! Recipes include a potato and grape anti-acne face mask, super simple facial chemical peel, marigold and thyme acne gel and anti-inflammatory chai tea skin toner.



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