



Clear Skin Detox Diet: A Revolutionary Plan to Heal Your Skin from the Inside Out

By Lauren Talbot

Ulysses Press. Paperback. Book Condition: New. Paperback. 208 pages. A FOOD-FOCUSED STRATEGY FOR ELIMINATING SKIN MALADIES AND CREATING A RADIANT, BEAUTIFUL COMPLEXION. Millions of men and women struggle with skin problems ranging from embarrassing acne and eczema to painful psoriasis and inflammation. Clear Skin Detox Diet provides the key to unlocking a beautiful, youthful complexion and overcoming skin conditions without prescription treatments or costly medical procedures. An easy-to-follow primer on the relationship between diet and skin health, Clear Skin Detox Diet lays out an action plan for eating to beat common skin afflictions. It breaks down the 50 common foods that contribute to a smooth, glowing countenance and targets the ones that aggravate (and even cause!) various skin disorders. The step-by-step diet in this helpful guide shows readers how to shape a personalized plan for getting their best skin to shine through. With information on skincare products, facials and spa treatments, deep-tissue cleansing, and probiotics and other supplements, this comprehensive guide is an indispensable tool for anyone who suffers from skin problems or just wants to follow a diet that guarantees picture-perfect, luminous skin. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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