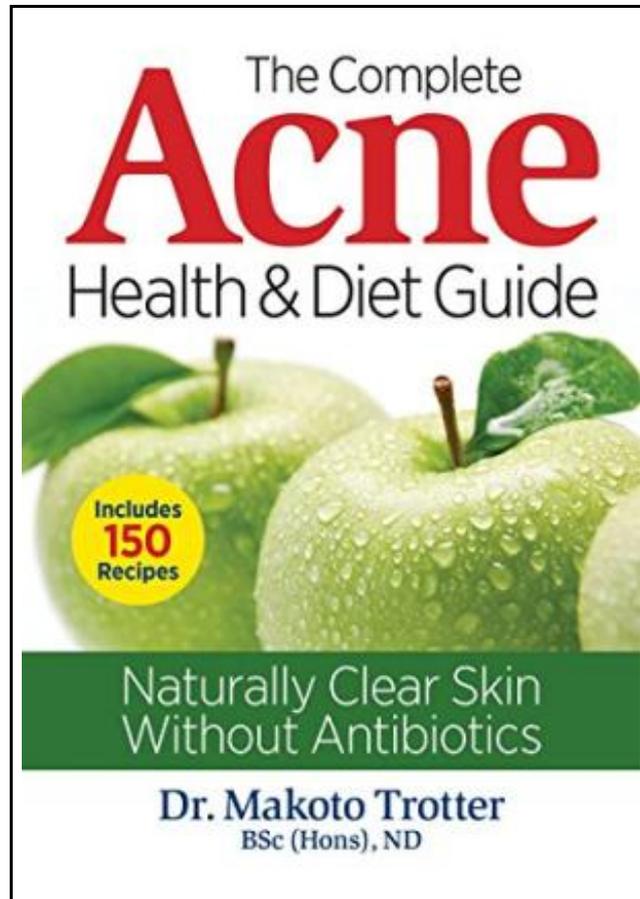


The Complete Acne Health & Diet Guide: Naturally Clear Skin Without Antibiotics



Filesize: 3.43 MB

Reviews

*Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.
(Geovanny Grimes)*

THE COMPLETE ACNE HEALTH & DIET GUIDE: NATURALLY CLEAR SKIN WITHOUT ANTIBIOTICS



Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, The Complete Acne Health & Diet Guide: Naturally Clear Skin Without Antibiotics, Makoto Trotter, Clear skin is possible at any age by simply following this anti-inflammatory diet. Difficult skin conditions are all too common. Acne is one of the worst. It is not uncommon at any age. Some, who had relatively clear skin in their youth, struggle with adult-onset acne. In this book, Dr. Makoto recommends an anti-inflammatory diet that eliminates inflammatory foods while introducing low glycemic load anti-acne super foods. Each of the meals for this diet is easily manageable and quite nutritious in a well-balanced menu of the major food groups. Foods containing sugar are very problematic and highly inflammatory for acne sufferers. Results are best with the elimination or avoidance of sugar, the cornerstone of this diet. Also important is eliminating all other major food sensitivities. Although implementing diet restrictions may seem arduous and painful at first glance, it can be enjoyable. Focusing on clean, whole foods is primary, and this book provides many healthy and tasty meals. Some of the 150 recipes are: Shrimp Scampi with Courgette; Indian-Spiced Salmon with Spinach; Chilled Avocado, Mint and Coconut Soup; Slow-Cooked Chilli Flank Steak or Brisket; Best-Ever Bolognese Sauce; Kale, Apple and Walnut Slaw. There is comprehensive information on the anatomy and psychology of acne, managing acne from conventional treatments, how to deal with scarring, topical support and much more.



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