



The Acne Diet: Holistic Plan to Achieve Clear, Youthful, Acne-Free Skin with Natural Nutrition, Stress Relief and Organic Skincare

Julie Gabriel

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Acne is a tough cookie, and most people who deal with acne often sigh in despair as yet another heavily advertised product fails to deliver its promise. Yet, combating acne can be easier than you think. The answer could be in the foods you eat and beauty products you put on your skin. Thankfully, today you can achieve clear, acne-free skin simply by adding certain foods to your diet while avoiding hidden acne triggers. The *The Acne Diet: Holistic Plan to Achieve Clear, Youthful, Acne-Free Skin with Natural Nutrition, Stress Relief and Organic Skincare* teaches you how to eat and take care of your acne-prone skin naturally, without use of conventional acne treatments that often have unpleasant side effects. Based on recent scientific findings and full of practical, step-by-step instructions and useful tips, this book will help you dramatically improve your acne skin condition using the powers of nutrition and natural skincare. Inside this book you will find information about health benefits of skin-clearing nutrients, vitamins and minerals as well as latest scientific findings about skin-damaging effects of common foods and various food and cosmetic additives. You will learn which foods will help make your skin clear and glowing and which ones you should avoid as they can trigger further acne outbreaks. You will also understand how to take care of your skin in the most natural way and how stress relief helps maintain glowing complexion. The author Julie Gabriel, holistic nutritionist and the founder of organic skincare brand, Petite Marie Organics, explains how the modern, chemical-laden diet and skincare affect our skin condition. This book introduces the new principles of eating for beautiful, clear, acne-free skin based on years of scientific research on cosmetics and nutrition, as well as author's own personal experience with acne. Clear explanations how to make changes in your diet to achieve clear complexion; Scientifically proven effects of certain nutrients and food additives on acne condition; Holistic nutritional plan to dramatically improve symptoms of acne; Stress relief as a powerful tool to achieve gorgeous, acne-free skin; Guidelines for making natural acne-cleansing products; Natural treatments and recipes to reduce the appearance of acne scars; Organic and natural at-home acne facials; Suggested food supplements for clear, gorgeous, acne-free skin at any age. This book also includes delicious recipes and easy acne-busting homemade skincare formulations. Acne is a whole-body disorder. No one has to live with acne or suffer from premature skin aging endured in the process of battling acne with conventional methods. Instead, treat your acne condition holistically and naturally to benefit not only your skin but your general health and well-being.

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Jill Goulet:

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