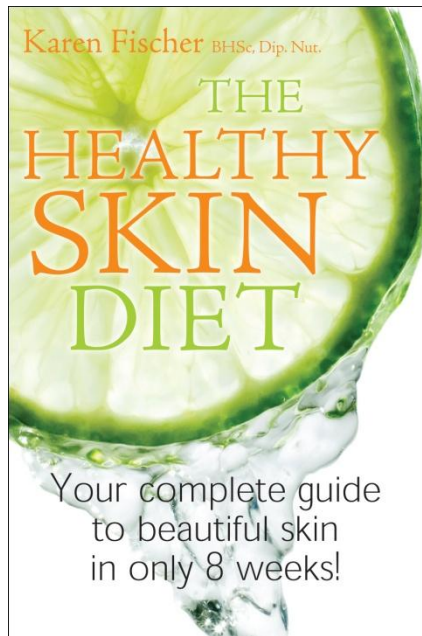


The Healthy Skin Diet

Your complete guide to beautiful skin in only 8 weeks!



The skin you have today will be totally renewed within two months. In fact, the body you have today, all your cells and tissues, will be *totally* new within a year. This is because your body turns over *6 billion* cells each day and new ones are made to replace them. The pimple you have right now is not the one you had a month ago and it's certainly not the same blemish you had last year. So, whatever your skin condition may be, whether it is quite okay or out of control, you *can* improve your skin quality and have fantastic looking skin within only eight weeks ... and *The Healthy Skin Diet* will show you how.

The Healthy Skin Diet is designed to supply your body with the specific building materials to *make* gorgeous skin. Beautiful skin is created by a body that's functioning properly; by a body that is eliminating wastes efficiently, digesting food and transporting nutrients at lightning speeds around the body; it's not something exclusively reserved for the genetically blessed. You can have it too. With its eight basic guidelines, *The Healthy Skin Diet* will take the guesswork out of creating clear skin.

You don't even have to have bad skin to follow *The Healthy Skin Diet* as this program is fantastic for overall health and wellbeing. You can be in your nineties or starting school, and there is even information for parents with babies suffering from eczema.

So, if you have acne, eczema, psoriasis, dandruff, rosacea, the odd pimple or simply want to prevent premature ageing and reduce the appearance of wrinkles, this is the book for you. You'll also find the program works wonders for sinusitis, hay fever, asthma, arthritis and allergies! In fact, this book is the key not only to wonderful skin but to feeling wonderful too!

AUTHOR

Karen Fischer is a nutritionist who specialises in skin conditions such as eczema, psoriasis, acne and premature ageing. She has a Bachelor of Health Science Degree from the University of New England (Armidale) and a three-year Nutrition Diploma from the Nature Care College (Sydney, Australia). As a nutritionist, Karen has treated everyone from babies to grandmothers suffering from a diverse range of skin disorders and in this book she presents effective and results-driven information in a reader-friendly manner. Karen also writes health columns for various Australian publications and does voluntary health and nutrition talks at high schools around the country.

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MARKET

- With today's increased emphasis on appearance and 'beauty', this book is for everyone who wants to look their best and make the most of their skin.
- Anyone from babies to the elderly can benefit from the tips and advice contained *The Healthy Skin Diet*.
- Ideal for anyone wanting to delay the signs of ageing

SALES POINTS

- As well as the eight basic guidelines for healthy skin, the book also includes chapters devoted to specific complaints, such as eczema, psoriasis, dandruff, rosacea and acne.
- Detailed information is provided on what to look for in cosmetics and skin care products as well as on the mineral and vitamin supplements that can really help your skin.

SPECIFICATIONS

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