



# **The 8-Week Healthy Skin Diet: Includes More Than 100 Recipes for Beautiful Skin**

*Karen Fischer*

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*How to unlock the secrets of beautiful skin.*

Whatever the skin type, whatever the skin condition, the reader will find all the help needed to ensure healthy skin in this new book. Every skin condition -- whether minimal or out of control -- can be improved and look fantastic within 8 weeks simply by following this holistic, natural approach.

Everyone can gain health benefits from being on the Healthy Skin Diet because it is a commonsense program for lifestyle change, designed to fit into anyone's life. The plan is based on an anti-inflammatory eating program that was originally designed for dealing with eczema. Along the way it was also discovered to be highly effective in helping the following skin conditions: psoriasis, rosacea, dandruff, acne, cellulite, hives, premature aging and wrinkles, dull /sallow complexion, bags under the eyes, pigmentation, dark circles under the eyes, and dermatitis/contact dermatitis.

There is a specific program to target each skin condition as well as more than 100 delicious, nutritious recipes in menu plans that provide all the tools needed for healthy, beautiful skin. Fischer's guidelines include:

- Think Green and Friendly
- Eat Moisturizing Foods
- Eat Less!
- Be a Sleeping Beauty
- Sweat for 15 minutes Each Day
- Have a Good Skin-Care Routine
- Become a Hat Person
- Relax and Make Peace With Your Body.

These programs and good nutrition develop beautiful skin from the inside out.

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