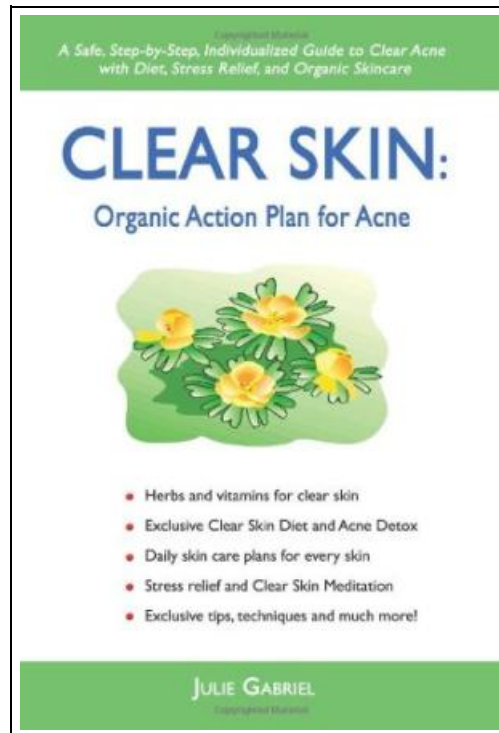


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CLEAR SKIN: ORGANIC ACTION PLAN FOR ACNE (PAPERBACK)



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iUniverse, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you know that 98 of skincare products contain ingredients that provoke acne? Are you eating the right foods to keep your skin clear? Would you rather stay in your beauty rut than trying a completely different way of treating your problem skin? If not, it s time to rethink your approach to your problem skin and think organic. Let Clear Skin: Organic Action Plan for Acne guide you through diet, stress-relief and organic skincare and explain the easy way to achieve clear skin. Inside you will: Control how diet affects your acne Read up the latest information on skincare ingredients and how they can affect your skin Learn how stress reduction, our exclusive mood management techniques, and other choices can keep acne at a distance Enjoy our exclusive 30-day Clear Skin Diet and crash-course Acne Detox Learn how to create simple natural homemade skincare for your acne and post-acne marks Create your own natural skincare plan based on your skin type In this straightforward, easy-to-grasp yet scientifically-based guide to natural care for problem skin you will learn everything you need to look and feel your best. From diet to meditation and organic skincare recipes, natural beauty has never been made so simple and chic. Learn the natural way to fight acne - and feel great, too!.



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