

Super skin: the natural way to inner healthy and outer beauty

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Abstrak

The key to great looking, healthy skin is what people eat and how they look after their bodies. Showing how readers can achieve radiant skin and clear up skin complaints such as acne and dryness by following a plan of sound nutrition, exercises and stress control, this book looks at how the skin works and how it reflects the health of the inside of the body - a factor often overlooked in favour of expensive creams and lotions. The book also addresses problems associated with different age groups, stressing that how skin is looked after in the early years can affect it for life. This comprehensive book proves that "you are what you eat" and that it's never too late to achieve super skin. Kathryn Marsden is the author of "The Food Combining Diet