



Healthy Skin Diet

Lisa Guy

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The health of our skin, which provides an informative measure of the health of our inner selves, is underappreciated. What may first be revealed as dryness, itching, eczema, psoriasis, acne, or what we commonly dismiss as merely age-related wear-and-tear, are often manifestations of underlying or systemic health issues, dietary problems, and nutrient deficiencies. *Healthy Skin Diet* shows you how eating a diet rich in skin-nourishing foods is the best way to improve the health of your skin and to protect it from environmental stressors that cause damage to skin cells and accelerate aging. It is a treasure chest of information you can use to promote beautiful, radiant skin by making the right food choices replete with "super-skin foods" and complexion-boosting nutrients.

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