

## Skin Problems: Safe Alternatives Without Drugs (Paperback)



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### ***Reviews***

*This is an awesome publication i have at any time read. Of course, it is play, still an interesting and amazing literature. You will like just how the author write this book.*

*(Prof. Herta Mann)*

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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There is no common root cause of skin problems - they can arise from nutritional deficiency, from allergic reaction or from stress. This guide shows how to pinpoint the cause of your skin problem and how to tackle it with drug-free, natural, self-help methods. This Book clearly explains: \* the various skin complaints including eczema, psoriasis and acne \* how diet can help normalize and prevent skin problems \* the importance of exercise and relaxation \* other natural treatments which can help \* how to encourage your body's self-healing power.



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