



Vibrant and Clear: How to Be Acne Free, Naturally! (Paperback)

By Toni Ann Johnson

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you suffer from acne you know how it can impede your life. It can shake your confidence and even lead to hopelessness and depression. Toni Ann Johnson suffered with adult acne for years, and continued to suffer even while under the care of physicians who prescribed the requisite medications: antibiotics, Accutane and Retin A. Finally, she sought ways to control acne that were effective, affordable, and salutary for the body, rather than deleterious. After years of researching what worked and what didn't, she found a path that led to being acne free. Two types of bacteria contribute to acne: Propionibacterium Acnes and Staphylococcus Aureus. These are found not only on the surface of the skin, but also within the intestines. When you take antibiotics, you kill the bacteria and your skin clears up. But antibiotics are not only expensive, they disrupt healthy intestinal flora, which can lead to other problems. The book contains information on effective, inexpensive, and healthful ways to control bacteria. Oily skin and fluctuating hormone levels do not make acne inevitable. You will learn how to achieve clear...



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This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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