



The Good Skin Solution: Natural Healing for Eczema, Psoriasis, Rosacea and Acne (Paperback)

By Shann Nix Jones

Hay House UK Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Eczema is the most common skin disorder in the industrialized world, followed closely by psoriasis, rosacea and acne. However, conventional medicine still offers no permanent solution to these conditions. In this book, natural health author Shann Nix Jones tells the incredible story of how she discovered a chemical-free method to help treat these conditions, during her struggle to heal her son s eczema and save her husband from a life-threatening MRSA superbug infection. Shann s staggering discovery is that eczema is not actually a skin condition - it s an autoimmune disorder. Your skin is simply a map of your gut; in order to heal the skin, you must first heal the gut. Shann reveals the latest scientific research about the microbiome - the vast ecosystem of microorganisms that lives inside us. In simple, easy-to- understand language, she explains the gut-skin connection: what eczema, psoriasis, rosacea and acne really are; why they re often accompanied by hay fever, asthma, IBS and food allergies; and how adopting the kefir-based Good Skin Solution can help to treat both the symptoms and the underlying causes of your...



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