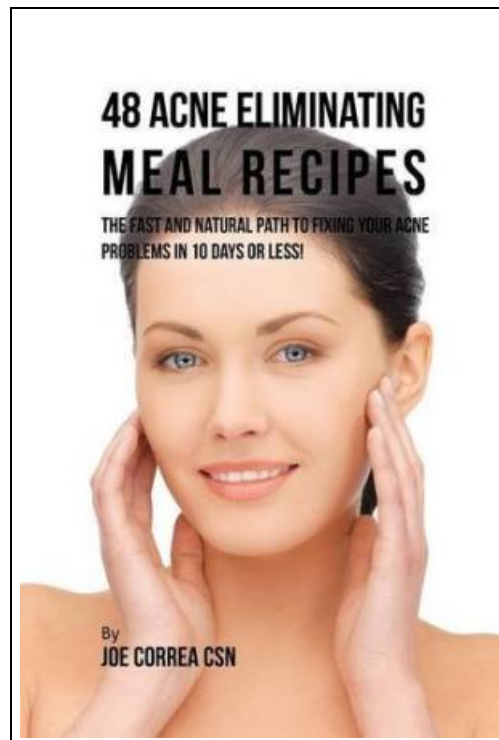


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Live Stronger Faster, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.48 Acne Eliminating Meal Recipes: The Fast and Natural Path to Fixing Your Acne Problems in 10 Days or Less! By Joe Correa CSN We are all familiar with the unpleasantness of acne. It usually comes around in our adolescence and puberty, varying from person to person. Acne can appear almost everywhere on the skin. It usually appears on the face, neck, shoulders, or back. This condition is visually unpleasant. It affects our social life, leaves scars, lowers our confidence, and has a great affect on other everyday situations. Acne can also indicate a serious hormonal imbalance and should be treated professionally. Acne is often treated with drugs and cosmetic products making it a very profitable industry worldwide. However, these products often don t cure acne the way they should. They temporarily cure the visible part but don t create a significant affect on the cause of this condition. In order to cure both: hormonal imbalance that causes acne, and to heal your skin once and for all, you will have to dig a little further into what the real problem is. Studies have shown that the lack of nutrients such as omega 3 fatty acids, carbohydrates, vitamins, and other antioxidants is the real cause. Healthy, balanced, and well-planned nutritional diets are a universal cure and the true prevention of acne. For example, some foods increase blood sugar, that in turn releases a hormone called insulin. This hormone is responsible for the increase of oil production in our skin which causes those terrible bumps on the skin. But, by maintaining a healthy diet, you can keep your blood sugar in balance and prevent high oil production on your skin. I have created this...

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