



Clean Skin from Within: The Spa Doctor's Two-Week Program to Glowing, Naturally Youthful Skin

Trevor Cates

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Clear Skin from Within provides a two-step, two-week plan to help patients improve their complexion and overall wellbeing through internal and external means.

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From Reader Review Clean Skin from Within: The Spa Doctor's Two-Week Program to Glowing, Naturally Youthful Skin for online ebook

Doan says

Solid information. I wish there were more recipes.

Elizabeth says

Good! Good info, but many of the food options are quite unrealistic (even for a healthy eater like me). I love the diy skin stuff. A lot of unrecognizable ingredients though - natural, just might be hard to find or possibly expensive.

Jennifer says

Cut out the crap. Eat lots of veggies, “clean meat”, some beans and fruit. Does that sum it up?! She does have interesting information about the skin side and it includes recipes so that’s a bonus. I think some people might love this book but I have read tons of health books so the information wasn’t exciting for me.

Jaimie says

I gave it 3 stars because I’ve been following a diet through functional medicine, and a lot of this I just already knew. I was a little disappointed there wasn’t more recipes, and the ones she provided I thought were high sugar.
