

A SIMPLE DIETARY APPROACH TO ACHIEVING GLOWING SKIN THATS FREE OF AGE SPOTS, SAGGING AND WRINKLESEating too much of the wrong foods is bad for your digestion; and whatâ€™s worse, it shows up in your face as wrinkles, blemishes, bags and more. Luckily, by identifying and eliminating your skin-aging triggers, you can simultaneously heal your gut, stop this process of â€œdigest-agingâ€• and reverse its negative effects on your skin. Younger Skin Starts in the Gut provides a complete healthy skin regimen that produces beautiful glowing skin by balancing hormones, preventing inflammation and maintaining well-adjusted digestion. The bookâ€™s comprehensive four-week program and healthy recipes provide solutions to eight different signs of agingâ€™”including uneven skin tone, puffiness, dark circles and adult acneâ€™”and guarantees one blissful result: younger-looking, healthier skin.

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