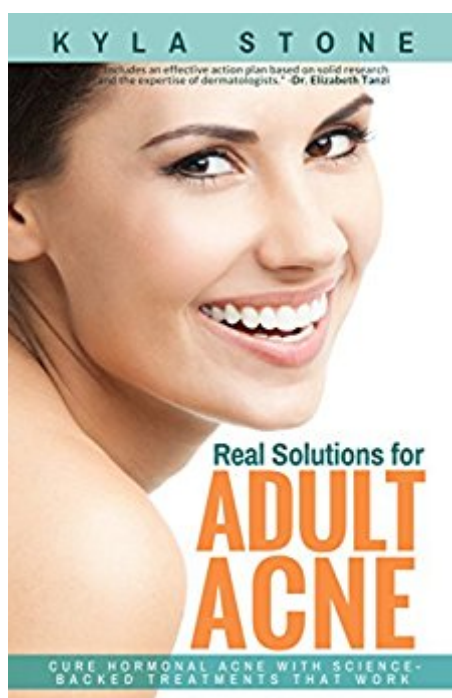


The book was found

Real Solutions For Adult Acne: Cure Hormonal Acne With Science-Backed Treatments That Work



Synopsis

"An excellent clear skin action plan based on solid research."-Dr. Elizabeth Tanzi
Are you sick of struggling with acne in your 20s, 30s, and 40s? Real Solutions examines the science and reveals the advice of expert dermatologists to bring you a concise, no-filler tool chest of tips, tricks, and real-world solutions for problem skin. In this book, you'll learn:
* The underlying root causes of acne
* Which medications are most effective for each root cause
* The best, science-backed natural remedies
* The best treatments for red marks and scarring
* Which ingredients in your skin care worsen acne
* Research-based diet for clear skin, with recipes
* The Clear Skin Action Plan you can start immediately
It's time to stop stressing about the state of your skin and start living your life. If you want healthy, radiant, CLEAR skin, scroll up and buy now! Includes a foreword by Dr. Vermen Verallo-Rowell.
"Real Acne Solutions for Adult Skin is a very well-rounded source for anyone struggling with acne."-Jennifer Waller, Founder Celtic Complexion Luxury Artisan Skincare.

Book Information

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Customer Reviews

This book is chock full of detailed information on the treatment of Adult Acne. I was impressed with the extent of the research that went into this book. The author left nothing to chance, she covers all possible scenarios that could occur with adult acne, even a bit of anatomy was covered in the structure and layers of the skin. This is a great book in and of itself, but what I liked most was that several alternatives were given, from your typical drugs to natural remedies. Even the foods to include in your diet in the fight against adult acne were discussed. Highly recommend!

This is an incredibly comprehensive overview of how to deal with adult acne which, make no mistake, is often different than the acne one experiences as a teenager. Yes, they can both be driven by hormones and hormonal fluctuations, but there are differences, and that means you need to treat them differently. This book covers pretty much every facet of cause (hormones, stress, etc.) and treatment, including internal (diet, medications that you take) and external (how you treat your skin, topical treatments, etc.). I was especially pleased by the author's treatment of diet, because there are so many ways that diet plays a role in how our skin looks and feels, and that includes how it impacts acne. Even though I consider myself very well-versed and well-educated when it comes to diet, and also dealing with adult acne, I still found not only reminders, but things mentioned in the book that would never even have crossed my mind in my everyday life. For example, having found myself single following a period when I wasn't, I was not changing my pillow cases as often as I otherwise would. When I was looking at my face and wondering why most of my (admittedly minor, but still a big deal to me) acne was all on just one side of my face, it suddenly hit me: that's the side of my face that is in contact with my pillow for 6 or more hours a night! I ran out and bought a few more pillow cases, and have started changing them more frequently, and whaddaya know! My acne on that side is clearing up! Doh!! also want to mention this homeopathic anti-acne product that I have been using (no harsh medications for me, thank you, although she does cover them in the book, and they can be useful for people):
Natrabio Acne Relief Tablets
I will say that I found a couple of typos/omitted words in the ebook, however I am not deducting any stars for them (even though I ordinarily would) for two reasons: 1. The book is so darned thorough, and readable, and 2. The author kindly sent me the book as a PDF so that I could easily read and review it, and I know that sometimes when translating a text to PDF things can happen. So, I feel that mentioning it here is sufficient. :-)
In full disclosure, Kyla sent me this to review, however I am not bashful about giving my true opinion of a product (hey, I'm a lawyer, just try to *stop* me from giving my opinion! :~))

This is an excellent resource for dealing with adult acne. It is obvious the author has done her

research on the hormonal, bacterial, stress and dietary causes of acne that affect adults. She has also provided a range of treatment options from diet changes (including recipes in the back!), OTC treatments, product ingredients to avoid and dermatological options. My only piece of advice (and it's a bit of a picky one) is to have a works cited page. There is an extensive list of resources, but it would be nice to have footnotes when a specific work is cited (especially if a direct quote is being used). Excellent work!*A free e-book was provided in exchange for my honest review

This book is the real deal. If you have serious acne and you're wondering what to do, this is the place to start. My teenage son has severe cystic acne and I have spent hours upon hours researching every possible treatment plan from prescription medications to home remedies and even old wives tales. If you're on that same path, desperately searching for answers, this book is a great place to start. Kyla has compiled all the relevant research available based on her own personal experience battling acne and the scars it leaves behind - physically and emotionally - and put it all together into a compact, easy-to-read format that will make you a near expert overnight. What she has in this book is based on real science, including her own interviews with the best acne experts she could find. Read the book before you talk with your own doctor and you'll be able to have the kind of serious, informed, life-altering discussions you need to have rather than just trying one thing after another with no success. This book deserves more than two thumbs up - it's a guide book that shows you the way out of the severe cystic acne tunnel.

Complete and useful books for people with acne problems!Given for an honest review.

Just a plain & simple book to get a start to get rid of acne. Just have to follow the basics!

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