

FEATURING A 3-WEEK PROGRAM  
TO ADDRESS ACNE, ROSACEA, PSORIASIS,  
ECZEMA, PREMATURE AGING, AND SO MUCH MORE

# THE BEAUTY OF DIRTY SKIN

The Surprising Science of Looking  
and Feeling Radiant from the Inside Out

Whitney Bowe, MD

with Kristin Loberg



Whitney Bowe

# The Beauty of Dirty Skin: The Surprising Science of Looking and Feeling Radiant from the Inside Out



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Internationally renowned dermatologist and research scientist Dr. Pores and skin doesn't lie; Each year, nearly 80 million Americans will consult their doctors about their skin. it reflects general health in unimaginable ways. Whitney Bowe shows readers that skin health is much a lot more than skin deep. Whitney Bowe presents, for the very first time, the connection between a wholesome gut and radiant, apparent skin, with a 21-day program to maximize skin health insurance and beauty. Actually, skin disorders beat out anxiety, depression, back pain, and diabetes as the main reason People in america see their doctors. Instead, Dr. Unfortunately, however, the vast majority will receive just a surface-level treatment, leaving the underlying circumstances at the main of their skin issues unresolved. As a pioneering researcher on the leading edge of the gut-brain-skin axis, she clarifies how the spectral range of pores and skin disorders -- from stubborn pimples and rosacea to psoriasis, eczema, and premature wrinkling -- are manifestations of irregularities rooted in the gut. Lasers, scalpels, creams, and prescription pads alone will not guarantee the consistently healthful, glowing skin most of us seek. In *The Beauty of Dirty Epidermis*, internationally renowned dermatologist and scientist Dr. Bowe focuses on the microbiome -- where trillions of microbes "speak" to your skin layer via the mind -- and highlights the connection between sleep, stress, diet plan, gastrointestinal health, and the health of your skin. With simple explanations of the research, do-it-yourself useful skincare strategies, and a life-changing 21-day program, *THE WONDER of Dirty Skin* can be your roadmap to great pores and skin from the within out and the exterior in.



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The best book about skin I've ever read I LOVE this reserve. It's filled with a lot of great information regarding skin and how exactly to properly care for it. I've had pimples for over 30 years and it is now under control. I love this publication! I've started using Probiotics on my face and just what a difference. Normally when I get yourself a facial I have a number of extractions (blemishes that require to be washed). This book well written and SO informative! My aesthetician and I were talking about just how much better my skin is definitely and how great probiotics are both internally and externally... Dr Bowe is easily the best qualified doctor in THE UNITED STATES to tackle . Unexpected discoveries The GMA interview was enticing therefore i ordered the book, it is an eye opener and I am rating 4 stars because sometimes is repetitive so I was skipping pages to access another chapters. Her process and suggestions worked to improve my Rosacea for sure.. Dr Bowe is very easily the best qualified physician in THE UNITED STATES to tackle the subject of healthy skin. A straightforward and accurate instruction on how to heal your skin from the inside- I really like it! Bowe for teaching me! Given the title, there is extensive discussion of the emerging microbiome technology and the ways in which microbes can mediate epidermis health. Refreshingly, this research isn't oversold in the book. There are many useful solutions but Dr Bowe understands complete well how complicated pores and skin conditions can be, and each person's environment, genetics, resources and way of living might manifest in the skin in various ways. So, it's a good balance of research-based details, expect future microbiome-based solutions, and steps to take the here-and-now. Actually, I halted drinking cow's milk and was shocked at how quickly just that improved the standard of my skin. If you have a wholesome sense of vanity this is worth the go through. Bowe knows exactly what she is talking about. There are still plenty of research questions on that score, and Dr Bowe refrains from overselling any dietary "cures" for acne (and other common pores and skin diseases), but there is enough of practical info in the book. Being truly a 26 year previous woman with adult acne is not an easy thing. As someone who takes pride in their skin this publication shed so very much light into a lot of my skin problems.Beautifully compiled by a pioneer who dismantled the dogma which stated there is Simply no relationship between diet and acne. I'm actually in the processing of tweaking my diet plan to support my gut and anticipating to discover even more improvement. While it isn't really the best written book nor is there everything I might . I have been anticipating this publication for quite some time;. Bowe's book actually changed my entire life and my confidence. Bowe deserves a huge amount of credit for going against the medial establishment and addressing the truth . It just required about 3 weeks for me personally to have a apparent difference in my skin and when anyone asked me about it, I cried because Dr. General interesting confirmation of why a lot of people have problems and how you can avoid skin problems. I've only had period to implement the dietary changes so far, but I was surprised how fast I could detox from glucose and carbs... but I was amazed how fast I could detox from sugars .. Anyone experiencing Rosacea could benefit from this book. your daily diet impacts your skin layer unquestionably. Sense great and lost weight! Must Read for Skincare Nerds This book isn't just helpful, nonetheless it is refreshing from what I expected. A lot of times skincare advice (or information on anything for that matter) is generic and general. Dr. Bowe explains the technology behind the skin, and recommends solutions with particular products and illustrations she reccomends. This book is a game changer!I have watched the author on HELLO America and she always does a phenomenal job educating and reccom being solutions— this publication is no different. A practicing skin doctor and research-publishing scientist, Dr Bowe translates complex topics and illuminates them in east-to-

understand ways. I followed several of her suggestions (topical probiotics and Night time Primrose Oil). this book WILL change your life Okay. The program is very easy to follow (only 21 times!) and I really like that its factual based with more than 100 references. I've been a believer in healing from the inside out, I simply couldn't quite work out how to perform it the way in which. Thank you Dr. The real-life situations from her clinical practice make it easy to understand how diet, stress, life-style etc manifest in epidermis health (or disease).! I am excited to start out this journey of overall health. That is definitely helpful hat she reccomends specific products, particularly these products are affordable and have clinical research to support their claims of efficacy. After using probiotics on my face for a couple weeks, I only had one small blemish at my last facial. Dr. Bowe did extensive scientific study and thoroughly explains the bond between a wholesome gut and healthy skin. Bowe breaks everything down for you. I've tried the majority of the recipes in the book, and not only are they easy to make, they are DELICIOUS!! I really like this book I really like this book very helpful. The lingo is a little hard to complete (VERY scientific) but that's exactly what I had a need to know that Dr. The reserve has something for everybody, whether general reader or healthcare companies. I like knowing WHY I do what I really do for my pores and skin and Dr. She provides basic explanations of the technology, practical skincare strategies and a obvious and concise three-week plan for clear skin. I have struggle with pimples since I was 14 (that's 12 years now for you all keeping count) and also have used stronger and more powerful topical creams for my face, and was considering going the accutane path but did not need to risk the harm for my own body without trying EVERYTHING I could. So I heard bout this book, bought it, and after that when I got home from vacation did everything Dr. Bowe told me in the book.. While it isn't really the best written reserve nor does it have everything I might have wanted I must say Dr. I'm so glad I bough this book. I normally don't write reviews but I am telling everyone I know about this book (doctors, friends, coworkers, family, strangers) and also have bought 2 copies already that I've given away so is going to be buying a few more. Three Stars Good information but not an easy read.



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