

"This delightful book shows you how to look better and feel better than ever before in your life." - Brian Tracy, Author, *The Power of Self-Confidence*

BEAUTY'S DIRTY SECRET

3 SIMPLE STEPS TO SUPER POWER YOUR SKIN

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What's so bad about chemicals, in any case? And then she'll show you how watching what you placed on your skin is really as important as what you put into your body, how to detox, and how to give yourself and family the best, from being pregnant through aging. This reserve, predicated on her years of medical experience and the Paleo life style will show you what she uncovered and how to spot most of the destructive chemicals that are part of our daily life and that damage our cells, creating the physiological program failure that produces disease. Trina Felber, RN, BSN, MSN, CRNA is normally dedicated to avoiding disease through education and by proclaiming to offer you a richly nutritious option for commercial skincare-her organic, natural Primal Existence Organics skin-food products. How can you not only stop your exposure to their destructive effects, but find products that truly give you as well as your family a dose of nutrition each time you brush your teeth, give yourself a facial, or shave? Well-fed epidermis is normally radiant and glowing and by adjusting your skin-diet and incorporating these simple and easy adjustments to your skincare routine, you could have the beautiful epidermis you desire.



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You'll never look at beauty products the same manner again! I thought this was just going to be an infomercial-type booklet that urges visitors to do the 'right' thing aka purchasing the author's products which just happen to be your last chance. Her stuff is seriously the real thing: totally backs up the "JERF" (Just Eat True Meals) philosophy, and if in our bodies, why not for our skin, as well? Simply an uneducated one. I won't get into the details and reasons why you should not follow a CRNA's suggestions when it comes to skin treatment, but she's the right idea at heart so it doesn't come from a poor place. Yes, Trina Felber does 'push' her own beauty line across, nonetheless it is done in a really soft way and never imposed, and she goes into enormous fine detail explaining the rationale and science and logic of why she wants consumers to move to organic food for skin as she places it. Lo and behold, there are also suggestion and tips about what to use if you have such and such skin condition. Five Stars Excellent information for all those folks trying to steer clear of "nasty" stuff! As she will, I would suggest the Purely Primal Skincare Information by Liz Wolfe for a lot more in-depth information on healing your skin from the inside out, as well as recommendations for simple alternatives if your spending budget doesn't allow for Trina's products immediately. and it's not pushing her own items but general essential oils and other such normal options for skin care. Important book Super essential book. It does get yourself a bit apocalyptic in its message however the intention is good and if it at least gets you thinking, then that's a good thing. Great reference for truly organic skincare! I will begin this off by saying that I'm a huge enthusiast of Trina and her skincare products. She has an incredible amount of knowledge about skincare, holistic health, and the scientific knowledge to back again it up. I adored that she went even more into depth about the dangerous effects of industrial skincare and how our bodies process it, the advantages of individual elements, and ingredients to avoid when pregnant. If you're looking for a crash course into why Big Cosmo sucks and how even "little amounts" can add up as time passes to produce undesirable effects on your health, that is a great place to begin! I am new to in this manner of thinking with regards to the items I actually am purchasing for myself and my children.. Most apparent example - you don't treat pimples with plant natural oils. I also observed what another reader do, that tapioca starch does not contain gluten. Product Catalogue I thought there will be more useful info but that is basically a product catalogue for her skincare line. Glad I only paid . Five Stars Love the information Trina provides! Actually recommended.) Accurate guide of Beauty Secret Your skin is your first line of defense, but also the simplest way for toxins to enter the body and pollute your entire system. I found this publication to be extremely helpful in my education and my learning process. You need to use noncomedogenic products only. Simple guide Lots of good information I'll tell you that Trina makes great items: I'm transitioning from store-bought stuff, some organic, some not, and my pores and skin is glowing-- I got compliments before We realized this.. She actually is saying we reside in an increasingly toxic world, but with some tweaks and mindfulness, we are able to heal ourselves. As you'll imagine, this book backs up her items, shows us her "why" and her story from having cystic, oily epidermis and mysterious miscarriages, to having three children and fantastic, glowing skin. So it was a natural progression for me to get her book. I'm calling this book a scam (and a waste materials of your money) because the author leads you to believe that the only remedy to the chemicals-in-skincare conundrum is to buy Primal Life Organics. Besides living primal and paleo and carrying out CrossFit (yay!), she actually is also a registered nurse, and also nurse anesthetist, therefore she understands what she's discussing. Loving this book (I have the Kindle version-- considering getting the hard copy eventually, especially if she'll hold one more book signing in my area! I desire I there was a way to make my girl read it and study from it. This publication have true information of Beauty's Dirty Secrete. but the author fails to mention this as the entire point of the book is certainly to dupe you into spending hundreds of dollars on Primal Lifestyle Organics. Three Stars It's okay, however the same information kept getting repeated. It gave me great suggestions and ideas of what products I should be ... It sometimes reads more like an e-book advertisement for her products, which I understand because 1) Her products are wonderful, and 2) When you learn that most of the beauty items you've been using are bad for you, it's overwhelming never to know the place to start to find truly healthy, nourishing alternatives. Perhaps a similar book for girls and teen viewers would be just around the corner? It offered me great recommendations and concepts of what products I should be looking out for. I highly recommend this for anyone who wants to improve the right path of life/health Customer beware!.. You can save a lot of money by doing a google search for "diy natural skincare" rather than buying this reserve. There's handful of useful information

regarding the deleterious effects of common skincare ingredients, and the advantages of a small selection of natural ingredients. Our bodies can heal themselves, And it'll have a little work, however, not that much work, and that it is worthwhile. The simple truth is that you could make your own organic skincare products for under \$20 with substances you currently have in your kitchen, like honey and essential olive oil. CRNAs don't treat skin As a dermatology PA and Nutritional Therapist and naturopath i really do not approve.. Everyone want to be beauty like me and I'm third , book, hope it'll work out. that is a scam This entire book is an advertisement for the author's small company, Primal Life Organics.a documented reputable journal or medical publication.. This reserve was written to promote a skin care line that likely gets the right principles in mind but are in fact the worst ingredients you can include in a product aimed to treat the precise skin ailment it claims to treat.Small critique: the grammar nerd in me spotted a few typos throughout (Uncertain if that's just the Kindle version, but still made me cringe). Totally recommended. ...but was proved so wrong by this book!. Her caffeine under vision serum appears legit, though. As perform her tooth powders. I wouldn't venture past those products, however. The theory here is if you don't want dangerous chemicals absorbed by your skin layer (which will not absorb just as much as you would think), less is often more. Natural products are excellent but as I inform my individuals, poison ivy is natural aswell. Do your own study and make certain it's from. I also think it is extremely suspect that the author seems to believe her credentials as an anesthesiologist give her credibility in the completely unrelated field of dermatology.99 or I'd feel seriously gypped... Hope for our anatomies in a Toxic World I finally picked this up after reading about Trina Felber's company, Primal Existence Organics, and testing out her products, via Stacy Toth (of Primal Parents)' s recommendation.



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