

# BEYOND SOAP



The Real Truth about What You Are  
Doing to Your Skin and How to Fix It  
for a Beautiful, Healthy Glow

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**DR. SANDY SKOTNICKI**

with Christopher Shulgan

*Sandy Skotnicki*

**Beyond Soap: The Real Truth About What You Are Doing to Your Skin and  
How to Fix It for a Beautiful, Healthy Glow**



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In this surprising and remarkably practical reserve, Dr. In Beyond Soap, Dr. Women, guys and children are experiencing more skin problems today than ever before. Why? Dermatologist Sandy Skotnicki argues that the reason is a key element of our contemporary life style: the grooming and beauty practices that the marketing and personal-care product industries have motivated us to pursue. Skotnicki explains the issue with society's current cleaning and beauty habits, then provides a practical guideline on how to fix issues with a 3-step product-elimination diet plan that may help you remove needless and potentially harmful substances from your beauty and skincare regime, returning your skin to the condition nature intended. Sensitive skin prevalence offers skyrocketed, and the number of people reacting to cosmetics is normally climbing. Skotnicki reveals the harmful ramifications of modern skincare practices and provides a step-by-step instruction to preserve the microbiome, combat aging and develop gorgeous, problem-free skin. the one that avoids disturbing the skin's protective barrier and the bacteria that accompanied the body throughout its evolution. Skotnicki argues that the best state for normal skin is the natural state— A combination of analysis and prescription, Dr. Those miraculous cleansers, lotions and balms we're buying to protect our outer layer could possibly end up harming your body's largest organ. Beyond Soap also contains indispensable guidance on how best to wash and look after the skin of adults, babies and children, followed by a common-feeling beauty regimen designed to push away aging, reduce skin problems and return the face and body to its natural glow.



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A must have for those battling with skin sensitivities I haven't actually finished reading it, nonetheless it is SO informative. I am specifically passionate about any of it, because it discusses product labeling laws and regulations & I found a half sheet is enough to clean my hands with. Even the gentle one aren't great for your skin.. She spends a considerable part of the publication dismantling these commonly-held beliefs and explaining how your skin layer and its bacterial ecosystem actually work..but its true. I have already been bathing head to toe with anti-bacterial Dial soap for the past several months. I'm now at the end of the my first week and, of program, it's too early to tell with 100% warranty, but I believe I was allergic to MIT and/or fragrances (which, however the way, were within almost all "hypoallergenic" creams that I spent a lot of money on). Overall, it has been remarkable to see the improvements - we have saved money, have clearer epidermis, have eliminated chronic conditions, all thanks to information we definitely would not have received from the doctor. I found our about this book while hearing Doctor Radio on SiriusXM. It seems like my pores and skin has instantly become overly sensitive to just about everything. The only dermatologist (and I've come across a number of) that actually cares about their patients and not simply about keeping them returning to get her more business.. My skin issues are pretty much eliminated, and I am spending so significantly less \$\$\$ on skincare now! Convenient Love that this is fragrance free because of my allergies. I specifically like to use it when vacationing, like at an airport. how misleading they are. Clearly explains the science and the results speak for themselves Many of us have persistent skin circumstances for decades and whatever items you get that are supposedly targeting these issues never seem to really work. We halted buying that particular type, along with many other beauty or cleansing products after reading the reserve. Consequently, I was interested to see if this publication had any suggestions that could completely address these issues - I browse the reserve and spent nearly 8 weeks testing what worked. Priceless. It's a very good resource for those with sensitive skin, particularly if in addition they use a huge amount of skin care items to try to fight it. We changed with some of the items the writer recommends and transformed our regimens to avoid over-washing and over-drying skin. The 1st results were visible in a few days with skin even more supple and moist, and after a few weeks we much longer needed any kind of moisturizers, ointment or creams from the doctor. My wife's elbow eczema totally disappeared after years of recurrence, all without the steroid creams she's been routinely prescribed. She provides some product suggestions but recognizes you need to try different brands and types to see what functions for you. For a book, while some possess described the prose as repetitive, in truth she makes the point forcefully because just about everyone has been conditioned to trust that soap is great and industrialized skincare remedies generally work.. It's well worth understanding the science and logic behind what's occurring to your skin layer before adjusting any regime, and I experienced the writer explained this clearly and persuasively to a non-scientific audience. I also found rashes and breakouts on my back stopped and my encounter hasn't been clearer. I believe this book was written especially for me and about me. This book explains why it is important to give consideration. It shares how our diet affects the problem and afflictions that may affect skin. I've always suffered from very dry skin but recently started suffering from a plethora of new skin issues. In addition to excessively dry skin I've started frequently experiencing hives check out toe, extreme itchiness, inflammation and soreness. This publication was written by a skin doctor who specializes in sensitive skin issues. She also has eczema. However, while she's experienced steady improvement, recently has been the worst in recent memory space for me. Everyone should go through it! I've spoken with several different physicians about the problem, including allergists, dermatologists and actually an endocrinologist. So far, everyone is approaching blank as to a cause. This book explains that often, the items we do that we think are helpful are actually harmful for the skin we have. One example may be the fact that non-e of the aforementioned doctors asked about or talked about antibacterial soap. The reserve mentions that skin needs healthy good bacteria to thrive and we often do damage by unknowingly stripping apart these bacteria. So a lot of the populace just uses what is in the marketplace without thinking what chemical substances, plants, &

For more serious problems like eczema or dermatitis, you may get into a loop of going to doctors, trying treatments, spending money and never getting to underneath of the issue. As the book explains, we sometimes overdo it with the skin care and it actually makes matters worse. Excellent info regardless of whether your skin layer is healthy or problematic. This book could not have come at an improved time for me. We threw apart all of the bar soap in the house, along with hand sanitizers, detergents and the rest we've often used. It is very porous.. Some are costly and others not really much. I've cured so many of my issues currently in just a couple of months. Full of explanations and practical tips, a book everyone must check out. People appear at me like I am crazy when I state soaps, fragrances, etc, can possess my daughters allergen. But a couple of years ago after I've had my 2 children and my eczema returned (probably due to weakened immune system). I've attempted EVERYTHING: cortisone, different creams, supplements, diet plans, psychotherapy. Nothing helped, until I stumbled upon this book. I went on the product elimination diet plan and my eczema began clearing up literally on the next day!! ingredients could possibly be annoying their bodies/epidermis. For an initial time in 2 years I wake up and go to bed and my skin doesn't bother me at all throughout the day: no itchiness, scratching, constant apprehension etc. The results were pretty astonishing. She provides a lot of evidence and knowledge from counseling real patients every day. A practical look at how we have been looking after . We ordered several these and found some are better than others but in general these were inexpensive substitutes for expensive brands we'd generally purchased. Their faithfulness with their products is stronger than their faithfulness to their own wellness! My eczema appears to come and proceed. It made so much feeling and explained so much about why I've the issues I have. I have been using too much soap and body washes. I've a daughter with meals allergies so this is already lax in the food world, but a lot more so in the wonder product world! Therefore, you can select to fit your budget. After reading this book, I know why! I had noticed an improvement in my own skin and couldn't figure out why. It is because I had used the advice my dermatologist had provided me years ago. You don't need to use soap around your body! Your skin layer is not like plastic wrap! This book just reconfirms everything I've believed. We're destroying our skin with them. Our youngest kid and I've both always had extremely sensitive pores and skin. She understands her stuff! I am permanently grateful to her for writing this book. I usually had sensitive skin, a brief history of atopic eczema in my own childhood, nonetheless it was reasonably calm in adult years. Again - what you place on your skin ends up within our body so it is very important to focus on what we put on it! She lists the suggested products to use. And you utilize very little of them. Skotnicki for this reserve, it saved my life. This publication was the most helpful factor I've read in a long time. A thought provoking read. well done! It is a GEM! The Dr. was interviewed on that present. Avoid soap! Although I have no visible skin complications, I found her publication very interesting. Beyond Soap Just what a fantastic, interesting book. I love books like this. Ones that I already trust LOL and types that I can find out something from. Unlike a lot of people who might examine this reserve - I do not really have a skin problem, allergy symptoms, or rash of any kind. I just like to be healthful and chemical free! I have believed and have been telling people for years that "What goes on your skin also switches into your body". Just the areas where smell and bacteria grow. Your skin layer is similar to a screen. Even people that have healthy skin can reap the benefits of reading to help maintain that healthful skin. Your skin layer will absorb anything you placed on it. And I've saved a huge amount of money on needless products. It seems sensible that if you use skin care products, lotions, soaps, etc which contain harmful substances like toxic chemicals, colours, and fragrances, those substances are likely to end up inside your body. And antibacterial cleaners? The problem that I find is usually that a lot of people are not ready to give up their beloved skincare items. I learnt so much useful information. I've extremely sensitive pores and skin and eczema. One of the things that I really like about this author is how she doesn't insult anybody. That is true, to some extent.. LIFE SAVER I can not thank enough Dr. A practical look at how exactly we have been caring for our skin wrong all of our lives..



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