

JESSICA WU, M.D.

feed YOUR
face



*Younger,
Smoother
Skin and a
Beautiful
Body in
28 Delicious
Days*

*"My skin looks radiant, smooth,
and ten years younger."*

—Maria Bello, actress

Jessica Wu MD

Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days



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Cosmetics companies, women's magazines?even doctors?will swear that meals doesn't affect the skin. But Dr. Jessica Wu knows that's just not true. Uncover the snacks which will erase blemishes. Find out what to eat and what to avoid. Discover out which foods will reverse time.- Plagued by acne? After years spent battling her very own problem skin and caring for some of Hollywood's most well-known faces, she's discovered that everything you eat provides everything to do with your complexion.- Experience a sunburn coming on?- Need to soften crow's-feet?-Worried on the subject of skin cancer? Uncover why burgandy or merlot wine may save your pores and skin from peeling and flaking.Packed with celebrity meals diaries and anecdotes, individual testimonials, and just before and after photos, Feed THAT PERSON is an easy-to-follow, 28-day diet program that will help readers banish blemishes, wipe out wrinkles, shed unwanted pounds, and generally feel better?in their clothes and within their skin.



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Superb book, a lot of great tips, and a very smooth read. Dr. Jessica Wu certainly makes reading her publication a breeze by keeping the target audience engaged and offering some savvy guidelines. Although my face cleared up very quickly and I acquired become fairly well informed with myself, I acquired found myself dependent on the medication to keep myself clear, that was ridiculous because who the heck at 16 wants to consider an antibiotic a day for a long period of time? I got this book because just before I made a decision to turn my entire life around, We was breaking out extremely frequently, and often had cystic acne or painful pimples all over my encounter, which started since I was about 14 (I'm almost 20 right now). Not only was this a real confidence killer nonetheless it was also painful. Men I am a 71 year old personal physical fitness trainer who ain't afraid to understand what Dr Wu teaches mostly females! Wrong, and incorrect (well mostly). When I turned 16 I got visited my second skin doctor (the initial was a cash vacuum and very rude). He previously recommended I continue Doxycycline and get one of these topical treatment along with it. About 2 yrs ago I chose to really turn my entire life around and begin to exercise, eat a well balanced and nutritionally dense diet, and overall simply take care of myself. Anyways, a calendar year in (when I switched 17), I began to become greatly intrigued by nourishment and health (which is definitely when I also found this book). I like how the author has personality and doesn't simply present dry specifics. I signed the proper execution but something told me I should not do it. Dr. I went home and read about the medicine and went on forums for countless hours. I didn't want to be destructive to my wellness anymore (obviously I never went back to the skin doctor). Anyways, didn't just get this book because of my breakouts, also got it because it's full of great suggestions and dietary info (still research your facts, although Dr. I had already began to cut out a lot of crap from my diet plan, but never do I consider dairy may be a big contributor to my breakouts. I found this book and wow was it great! Wu does an excellent job in backing herself up). In addition, it has tips on maintaining healthy fingernails and hair. (Haven't gotten sunburned since in the summertime) Back again to the acne anyways, so although I did not follow the dietary plan outlined in the book (I'm a college student on a budget and the amount I attribute to my health and fitness which isn't sucked up by tuition I tend to use to buy plant-derived protein and vegetables). Anyways, there is indeed much crap that we consume that we're unaware the effects of. Great Corn Fructose Syrup (haven't had soda in over 10 years therefore i didn't ever think about researching the ingredient) becoming one of these, fillers, artificial soy, and the list goes on and on.. Wu's suggestions and great blog-style writing. Obviously, after I cut out most dairy from diet, exercised regularly for just two years now, and really started looking after myself my skin is a lot more clear, I'm not reliant on any medication, I rarely ever get unwell, I don't feel exhausted, and I feel generally great all the time (haven't had a stomach ache or headache in years). We definitely recommend this reserve as a stepping rock, particularly if you have skin issues (not just acne;.. as in it will dominate our minds because our face may be the first matter we present to others as we work, socialize and hang with this families.). Very practical advice. Wu apparently includes a whole line of products).! Thanks a lot for reading! Perfectly written, thoughtful with some very nice info As your physician, I'm always interested in reading books by other doctors. Dr. Jessica Wu is a prominent celebrity dermatologist based in Beverly Hills. I've seen her on several television programs, and thought I'd pick up this book. Dr. Great assistance in this book I am still scanning this book but think it is very insightful and also have trouble putting it down. I share her recommendations and knowledge regularly ar our Men55Plus blog page!! This book is complete, well-written, entertaining, and chock-full of useful information with a scientific basis. I completely loved reading it and am going to rethink how I

eat as I continue to get older. If you enjoy this book, I recommend that you consider Wu is a uncommon combination of technology nerd + girlie woman.!. She says in order to avoid dairy and take supplements but I'm obtaining it very hard to avoid dairy foods in addition to sugars and sodium. Jennifer Ashton's YOUR SYSTEM Beautiful: Clockstopping Secrets to REMAINING HEALTHY, Strong, and Sexy in Your 30s, 40s, and Beyond. It's a great guide for my ladies patients to be healthier, appear better, and decrease their threat of age-related medical problems. Wu writes about her patients (celebrity or otherwise) as real people who have imperfect pores and skin and behaviors but a desire to look their best. Practical Advice. Enjoyable read. By no means did this reserve ever feel like an advertisement to me either (as Dr. I'd even consider purchasing an additional two copies (1 for my sister + 2nd copy to maintain upstairs). The only piece of information not covered was Dr. Wu's excellent credentials + my desire to peacefully coexist with rosacea = taking a \$10 chance. How can you defeat that? The index can be very handy. Very pleased with this book finished it in a single week. I didn't. So many dermatologists possess treated me as a clinical case, while Dr. I was happy and eager to receive this reserve that once I acquired it I opened it immediately started reading. I love her little short stories about treating celebrities and their meals dairy. It creates me believe that celebrities are just like us and they aren't constantly "picture perfect". I also recommend Dr. I know it's going devote some time and effort but I'm willing to do this to help my skin stay apparent and free from radicals. I think it is hard that she says eat pizza (in one of her interviews) but says prevent dairy. Soy cheese may be the substitute for dairy so I'm hopping it flavor as effective as regular cheese! I agree with about 90% of everything she details, and all of it is backed up by research. As helpful information I'm bringing this reserve wherever I proceed. For instance, Lycopene helps act as an extra security from sunburn. I do, however, appreciate the actual fact that there's a resource information with specific product brands and restaurant guideline with specific dishes. She also helps it be sound like doing these exact things alone will make you have flawless .. It's very readable, and an excellent resource. Book filled with very obvious things--eat my vegetables, eat less sugars. She also makes it audio like doing these exact things alone can make you have flawless skin and that's just not reality. Wu essentially provides very detailed explanation of how you can look youthful, healthier, and improve your skin by changing everything you eat. I decided to go to my dermatologist for one last time (actually nice guy though, never to discredit him) and he wanted to place me on Accutane. This Is NOT Simply for The Ladies! I've read in many places (years ago) that diet plan has nothing in connection with skin wellness and that it's best to treat breakouts with medication. She clarifies the glycemic index, and how eating foodstuffs too much in sugar can lead to inflammation, leading to acne, dry skin, and wrinkles. I feel she is selling other products like some of the other evaluations stated and probably getting . eczema, rosacea, etc.. I feel she is selling other products like a few of the other testimonials stated and probably getting something in return for her putting the merchandise in the publication. I must say i didn't get that very much out of reading this book. Dr. Wu "Gets" Pores and skin. I am very happy I did! Although this reserve was only one of my many resources in learning to be a health nut, I really appreciate Dr. and Women! It's an information-loaded reference full of tips to look more youthful, be healthier, and reduce aging. THEREFORE I purchased this publication very recently and am still reading it. I experienced compelled to supply a positive review b/c I nearly didn't buy this reserve based on negative reviews. Some people felt she was self serving by mentioning her product line and others experienced she was sometimes shallow by mentioning her superstar customers or her stiletto heels. But Dr. Wu's opinion on the use of encounter brushes such as Clarisonic.. Throughout the book she includes superstar stories, and how certain

celebs have improved their complexion and appearance by pursuing specific dietary guidelines. Dr.7 Years Younger: THE BRAND NEW 7-Week Anti-Aging Plan, a recent best-seller by the editors of Good Housekeeping. This means, IMHO, she "gets" women and what we wish from our skin. She UNDERSTANDS that waking up with an enormous rosacea flare-up or a giant pimple IS a sort of crisis.... Jessica Wu provides lot of excellent source of advice and items you may use in to which to greatly help your skin stay healthy and clean and free of acne and wrinkles! Extremely well-created, scientifically and medically supported info. Esp loved the celebrity case studies\ examples Publication worth keeping on your own shelf. Amazing! Loved the meal recommendations, science and humor!! Not only does she not judge this as "superficial," she GETS it and is committed to helping most of us gain control over our skin via our behaviors and options.. hands down the best book i have read full of so much useful . Five Stars I LOVE THIS PRODUCT!. hands down the best book i've read filled with so much useful details from the right sunscreen to the right food you have to be eating.



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