

THE GOOD SKIN SOLUTION

Natural Healing for
Eczema, Psoriasis, Rosacea
and Acne



Shann Nix Jones

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Eczema may be the most common pores and skin disorder in the industrialized world, followed closely by psoriasis, rosacea and acne. However, conventional medication still offers no permanent solution to these conditions.s an autoimmune disorder.s eczema and save her spouse from a life-threatening MRSA superbug contamination. Shann's staggering discovery is that eczema isn't actually a skin condition –ve been looking forward to.In this book, natural health author Shann Nix Jones tells the incredible tale of how she discovered a chemical-free method to help treat these conditions, during her struggle to heal her son' In basic, easy-to- understand language, she clarifies the gut-skin pores and skin connection: what eczema, psoriasis, rosacea and acne are really;If you, or anyone you understand, suffer from an on-going condition of the skin, this book could be the lifeline you'Shann reveals the most recent scientific research about the 'microbiome' – the huge ecosystem of microorganisms that lives inside us. Your skin is simply a map of your gut; why they're often accompanied by hay fever, asthma, IBS and meals allergies; and how adopting the kefir-based Good Epidermis Solution can help to treat both the symptoms and the underlying factors behind your skin condition. to be able to heal the skin, you need to first heal the gut. it'



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It's nice whenever a book has a reference/hyperlink to exact products .. I found this book challenging to follow.. Great It is sort of concentrate of all the things i see on the internet concerning this topic. Great Easy to apply The guidance has been working for my rosacea! Started doing what she said and it's been extraordinary for my gut and skin. It's nice when a book includes a reference/link to specific products however when they're created by the writer it makes me feel as if the book is simply a sales page for the products. Excellent information I've suffered from IBS, allergies, and skin problems for a long time. Helped me get over an autoimmune skin condition. Shann presents a totally sensible, doable, affordable, and natural method of healing these issues. I've already started using kefir and in 3 days have seen improvements. I highly recommend this book. I am only a week in to the Kefir (and bone broth) and I could honestly say I am seeing very good results. I got been to numerous doctors (Derm We am battling Rosacea. I am only a week into the Kefir (and bone broth) and I can truthfully say I am seeing very good results. Its a straightforward quick browse and anyone battling hard skin conditions should give it a examine. even if you don't have pores and skin problems. I must say the publication seems a little bit slanted towards her Goat Keifer as the writer owns a goat farm (no surprises). There exists a lot of science based explanation here in the book for a few things (good) but additional topics are glazed over annoyingly (not good). Therefore I'd say the science is usually some what incomplete here and why I brief it one star. I had been to many doctors (Derm, GI, General Pract) rather than one of these suggested this sort of tact. Simply know there are various other good reads out there too that should be complimented to this as you seek out answers to your skin challenges. Highly recommended What a life changer! I'm disillusioned with pharmaceuticals which are costly and have harmful side effects. Interesting, easy read that explains really well how our disease fighting capability works and how exactly to heal body inside out. Healthy skin is a reflection of healthy body. Great book about the advantages of Goat Milk Kefir Great book about the advantages of Goat Milk Kefir. The author has a products, Chuckling Goat, sold-out of Britain, of kefir lotions and other products. I have problems with eczema and wanted to simply get to the center of the proposed solution(s) quickly. It really is a good book and is easy to read but it has a lot of resarch in it for explaining issues and why it works. The author shares a whole lot of stories about folks with epidermis conditions and what they did, but there doesn't seem to be a way to simply jump to SHORT summary of her specific proposed solutions. I must say i think that this going to heal me completely. Many thanks! Excellent! Has answered so many questions We had. Well written. I have to give thank you to the author for assisting me try this out. Provides hope all people;



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