

The Hidden Cause of **ACNE**

How Toxic Water Is
Affecting Your Health and
What You Can Do About It



MELISSA GALLICO

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Melissa Gallico

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Using her FBI cleverness analyst abilities, Melissa Gallico identifies fluoride as the root cause of the modern pimples epidemic. Chronicles the prevailing acne research to reveal fluoride was behind the rise of teenage acne in the mid-20th hundred years and the dramatic upsurge in adult acne today • Information how to prevent fluoridated foods and drinks along with other common sources of fluoride, such as pesticides, pharmaceuticals, and household items • Chronicling the prevailing acne analysis, she reveals where each research went incorrect and what they missed. Simultaneously, remote indigenous societies--such because the Inuit before they "moved to city" in the 1960s--experience no acne at all, even amongst their teenagers. Many things have already been cited as causing acne, from sugars, chocolate, or pizza to filthy pillowcases, hormones, or genetics, but non-e of the "causes" have already been able to explain nearly all acne instances, nor why chronic acne is on the rise. An investigation in to the root cause of the present day acne epidemic--fluoride--and how exactly to remove it from your diet and lifestyle for clear, healthy pores and skin • Explains how exactly to displace fluoride kept in your bones and additional tissues through nourishment and the careful usage of iodine Regarding to a recent study, over 20 percent of men and 35 percent of women experience acne following the age of 30. She shares her personal 20-year have a problem with severe cystic pimples not only on her encounter, but on her behalf neck, chest, back again, and also inside her ears. She clarifies how her travels around the world and her intelligence function helped her pinpoint just what was leading to her treatment-resistant flare-ups--fluoridated water, foods, dental items, and the systemic build-up of childhood fluoride remedies. The writer exposes the corrupt technology used to convince people of fluoride' She details how to prevent fluoridated foods and drinks and explains how sources of fluoride work their method deeply into our daily lives through water in addition to fluoride-centered pesticides, pharmaceuticals, and common household products. She explains how to displace fluoride stored in your bones and tissues through diet and the careful usage of iodine.s health advantages and examines the systemic toxicity of fluoride, including its anti-thyroid and neurotoxin results, how it continues to be in the body for a long time, and how it can cause the symptoms of ailments, such as arthritis, fibromyalgia, and despair. Offering a guide to freeing yourself from persistent adult acne, Gallico shows that you'll be able to heal your skin even when dermatologists and their prescriptions possess failed.



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My acne is fully gone for the first time in 30 years. What a prolific book! I've had acne going back 30 years and seen several dermatologists. Recently I bought an expensive suit for a job interview and a comparable time my face broke out so badly that a friend of mine said, "What's happening with your face? They also never gave me anything to treat the acne on other areas of my body. I experienced settled into a deep resignation that I'd have acne for the others of my entire life. My other quibble is normally that the author's writing style gets quite silly sometimes and I found myself judging it because what I must say I wanted was for the answer to be offered by a field of specialists specialized in learning this problem (i. Not any of them gave me a very clear description of why I got pimples nor anything that really helped it (and today I recognize that the medications they offered me to put on my face probably did more damage than good)." I thought, "Why am I spending so very much money to create my clothes look great when my face looks terrible?e. Thank god this reserve showed up in my search and on a whim I made a decision to buy it. One month after putting into practice the recommendations in the book my acne is gone. Gone. Nevertheless, I tend to view things more I have two minor quibbles with the book. Read this reserve and reclaim your power! And for that reason millions of people including me have experienced the consequences. Fortunately I kept my brain open. I've had a successful social life however the acne took a toll on my self esteem." Without any real hope I searched around the Internet looking for brand-new theories of pimples and after not finding any do a simple explore Amazon., dermatologists) using sound technology and communicating in a specialist tone. Unfortunately (because the author brilliantly paperwork in the publication) the field of specialists has let us down and technology has been executed in an embarrassingly unsound method. I can be judgmental all I want but at the end of the day what I value most is outcomes and the silly Ms. This insufficient critical thinking therefore ubiquitous throughout our culture has lead to some truly agregious wellness outcomes in which expensive magic pills (drugs) tend to be presented as the answer to your every problem. My quibbles are minor and I'm remaining with only gratitude and admiration for the author. THIS BOOK HOLDS THE ANSWER! I'm flabbergasted. I just completed it and I am therefore inspired by all of Melissa Gardner's hard work and wealth of understanding that she's shared. Less than a week of drinking non-fluoridated drinking water and my skin offers almost cleared up completely As I've learned a lot more about nutrition I've come to understand that a lot of authoritative figures (doctors) really have zero idea what they're discussing. I have experienced acne, hormonal issues, stress, and insomnia for most of my life. I was raised in LA, which has also been fluoridated my very existence, so I have never NOT been victimized by fluoridation. I am concurrently following the iodine protocol because the adjunct therapy to eliminating fluoride (and bromide) which is helping immensely aswell. Amazing info in this book - it has changed my lifed do not require cured my acne 100% & most of them actually It is the freaking poisonous water and toxic halides inside our food and environment! While reading her publication, I began applying the tools, methods, and removal of fluoride from my life, and I can honestly say, I am currently noticing a positive difference in my health issues! I have literally tried everything to heal my health issues and pimples, to no avail. I've also been carrying out the iodine supplementation, that i think gave me more energy for a while. Great info on flouride and iodine! The name of the reserve was a pull for me, as acne is certainly one of my issues, but this publication is for everyone-- those with acne and/or those with depression, insomnia, hormonal problems, thyroid issues, tumor, and more. So, basically everyone in the U. Acne is a symptom of something better. I am also so motivated to become involved politically as well. The writer leans intensely on her own experience with pimples to see and substantiate her message and for that reason my "anecdotal results radar" kept going off while I was reading it. Fantastically thought provoking I really enjoyed this publication and am grateful that Melissa shared

her extremely personal journey and astute observations. I am getting excited about encouraging others to read this book. And let's remember attempting to cut out sugars, dairy, and gluten. It really is amazing how difficult it is to speak authoritatively and be taken seriously when a small component of the human brain feels hyper aware of how bad you look. I am not particular it had any influence on the people I deal with nonetheless it certainly sapped my confidence. I tried everything offered by the retail level. When I finally went to the doctor, there was obviously no answer simply many pharmaceutical choices. Since discovering Melissa's work, my health has improved in leaps and bounds... not really managing stress well, consuming poorly, not exercising enough, exercising too much (and leading to hormone imbalance! These details is so valuable for so many reason:!). It is so encouraging to possess a new way to investigate. I have no idea if this is the cause of my pimples, but fluoride is obviously an issue that needs to be dealt with for the future of public wellness. Melissa is best, there is no place for toxic waste inside our food chain. That is beyond appalling and it must end. Obtain it and do it! My pimples has improved a lot! I'm not sure if it would be easily was able to completely cut fluoride, but maybe. I am so thrilled and grateful to possess this powerful knowledge! I'm uncertain if the fluoride detoxification from the iodine can be causing the remaining acne either, or if I have pimples from another cause. The way she presents her case in the book is normally that fluoride was her only acne cause. I am waiting a couple of months to review therefore I could possibly be sure how I was doing. So far I could say my cystic pimples will be a lot better. But I haven't totally cut fluoride and my acne isn't totally gone, so I can't make the same statements as the reserve. But please get it and spread the term! Obtain fluoride out of my water! Brilliant and helpful Exceptional little bit of investigative work. I am amply trained in the harmful effects of fluoride on the surface but Melissa has hit the ball from the recreation area with this reserve. I am definitely stunned at the amount of time and research she has put in to fact examining and explaining the facts and helps to keep us interested.? Not just for helping heal pimples but for understanding the amount of corruption that takes place with mainstream and regular things in many areas. My eyes have been opened even even more thanks to this reserve. You don't know what you don't know and this will open the entranceway for understanding how a toxin in our water and other common daily products we use is likely the root of the issue. This book would be valuable for anybody but especially those with unexplained skin/acne problems. I grew up in a family who all had pimples- My dad and my 3 siblings (1 sister and 2 brothers).!well here it is I am astonished at Melissa's detailed study in uncovering the corruption which has led to public water fluoridation. I'd like everyone to know the reality about fluoride. I want to give you a back I have suffered with acne, major depression, hypothyroidism among other issues and fluoride is usually implicated in all of the ailments as is explained in this reserve. I'm a 26 yr old girl and I've had acne since I was 13 years old. Acne is gone for first time in 13 years This book is INCREDIBLE and the writer is a freakin genius! My father, sister, and 2 brothers all continued Accutane to clear their skin. I keep checking the mirror each morning to convince myself that it is genuine.. Because I rejected Accutane, I spent years attempting different solutions to clear my skin, such as: antibiotics, birth controls, topicals, cleanses, diet plans. You name it, I attempted it (Proactiv, Murad, Rodan and Fields, The Ordinary, probiotics, zinc, magnesium, bentonite clay, apple cider vinegar, liver cleanses, parasite cleanses, colonics, enemas, seeing naturopaths, homeopaths, multiple It is important to take note, though, that acne is usually your body's way of giving you a clue to stop doing something. I developed cystic acne in my late 30s, as we was finally starting to develop expertise in my field. Some of these methods worked for a couple weeks, but Now I know why!produced my acne worse. It's not only recovery me and my family members, but since I am physician, I will be searching for this concern in my patient's wellness histories and health complaints, while educating

them aswell. Great book covering the corrupt nature of our federal government and health entities, as well as the information on acne, flouride, and iodine.dermatologists, etc).S. Prolonged acne is a sign of longterm disease forming in your body. Also wheatgrass neutralizes flouride, an unfortunate oversight that I am hoping she discovers one day You knew the acne cure was out there somewhere..holistically than my children does and the side effects from Accutane have constantly terrified me!!tale about my acne because I usually loved reading other people's acne stories when I was experiencing heavy breakouts-- it gave me so much hope that my pimples COULD be cured. When none of those issues worked, the doctors suggested it must be caused by something I am doing. For the first time in seven years, I am hopeful that my pimples is totally clearing for good. As soon as I finished the reserve, I was quickly texting my mother and my sisters that they had to learn it next!! This book changed my entire life! I should also remember that I am a physician (Licensed Acupuncturist, Therapeutic massage Therapist, and Holistic Nutritionist) and non-e of the modalities or knowledge I have, have got ever helped to wellness my maladies. I'm 100% with eliminating fluoride for good! I still eat some processed food items and also have rice and beans prepared in fluoridated water, and my acne isn't totally eliminated. Not only is this a disheartening expose, but one which resonated with me on such an individual level, as she basically tells my story, in informing hers. I'd always very much rather see the results of a well-designed study than to listen to about anyone's anecdotal results but when there isn't a relevant well-designed study then you have to consider what you will get. Actually most doctors don't also make the bond between NUTRITION and Wellness!!! It's more like a religion created and promoted by believers, PR, money and powerful special interest groups. Gardner delivers the products. Before I made the bond between nutrition and wellness -acne specifically- I fell prey to this lethargic mode of thinking in which I was recommended the magic tablet: Accutane. Melissa Shows How Fluoride in Water is a Health Harming Failed Concept Just like the little boy who shouted the obvious to the naked emperor, Melissa Gallico exposes community water fluoridation as unscientific. Rather than looking deep in to the issues at hand in an effort to ascertain the root cause of a issue doctors have already been convinced to treat the symptoms of a disease as though the symptoms were the disease themselves. After 73 years, the addition of fluoride chemicals into public water supplies attempting to reduce tooth decay in tap water drinkers offers been proven neither secure or effective Using her FBI Cleverness Analyst skills, Melissa clarifies how fluoride Could cause acne and how to prevent fluoride. She also describes fluoridation as a brand covered and promoted by strategies big corporations use to influence consumers as defined in the book "



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