

"A groundbreaking plan to create beauty and radiance from the inside out."

—DAVID HOLLANDER, MD,  
author of *Dirty Skin and Dirty Hair*

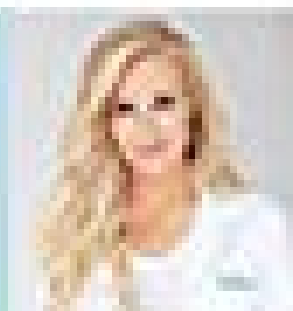
# THE BEAUTY OF DIRTY SKIN

The Surprising Science of Looking  
and Feeling Radiant from the Inside Out

Whitney Bowe, MD

with Kristin Loberg

UNABRIDGED • READ BY THE AUTHOR AND LAUREN DUFF



Whitney Bowe

## The Beauty of Dirty Skin



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The lingo is just a little hard to complete (VERY scientific) but that is exactly what I had a need to understand that Dr. It's filled with a whole lot of great information regarding skin and how exactly to properly care for it. I've had acne for over 30 years and it is now under control. Bowe explained in the book. I've started using Probiotics on my face and what a difference.. After using probiotics on my face for a couple weeks, I only had one little blemish within my last facial.) and I love that its factual centered with an increase of than 100 references. Unexpected discoveries The GMA interview was enticing so I ordered the book, it really is an eye opener and I am rating 4 stars because at times is repetitive therefore i was skipping pages to access the next chapters.. Dr Bowe is easily the best qualified doctor in North America to tackle . Normally when I get a facial I have a number of extractions (blemishes that require to be washed). Overall interesting confirmation of why a lot of people have issues and how you can avoid skin problems. I'm so glad We bough this book. Dr Bowe is easily the best qualified physician in North America to tackle the subject of healthy skin. If you have a wholesome sense of vanity that is worth the read. Bowe deserves a huge amount of credit for heading against the medial establishment and addressing the truth . I've only had period to implement the dietary changes up to now, but I was surprised how fast I was able to detox from sugars and carbs. Refreshingly, this science isn't oversold in the reserve. There are plenty of practical solutions but Dr Bowe understands complete well how complicated skin conditions could be, and each person's environment, genetics, resources and way of life might manifest in the skin in different ways. So, it's a good balance of research-based info, expect future microbiome-based solutions, and steps to take the here-and-now.Beautifully written by a pioneer who dismantled the dogma which stated there is Simply no relationship between diet and acne.That is definitely helpful hat she reccomends specific products, particularly that these products are reasonably priced and have clinical research to aid their promises of efficacy. The publication has something for everyone, whether general reader or healthcare companies. A practicing dermatologist and research-publishing scientist, Dr Bowe translates complicated topics and illuminates them in east-to-understand ways. I have already been anticipating this publication for a long time; As somebody who takes pride within their skin this publication shed so very much light into a large amount of my skin issues. In fact, I halted drinking cow's milk and was shocked at how quickly that improved the quality of my skin. I'm in fact in the processing of tweaking my diet to aid my gut and anticipating to observe even more improvement. While this may not be the best written publication nor is there everything I might . Must Go through for Skincare Nerds This book is not only helpful, nonetheless it is refreshing from what I expected.. While it isn't really the best written reserve nor is there everything I might have wanted I must claim Dr. The real-life situations from her medical practice make it easy to understand how diet, stress, way of living etc manifest in pores and skin wellness (or disease)... your diet impacts your skin unquestionably. I like knowing WHY I really do what I do for my epidermis and Dr. Anyone suffering from Rosacea could benefit from this book. but I was amazed how fast I was able to detox from sugars ... Given the name, there is extensive discussion of the emerging microbiome science and the ways in which microbes can mediate skin wellness. Feeling great and lost weight!. A lot of times skincare advice (or tips on anything for example) can be generic and general. Dr. Bowe explains the research behind your skin, and recommends solutions with particular products and good examples she reccomends. There are still lots of research queries on that score, and Dr Bowe refrains from overselling any dietary "cures" for pimples (and other common skin illnesses), but there is enough of practical information in the book.I've watched the author on Good Morning America and she usually does a phenomenal work educating and reccom getting solutions— this reserve is no different. An easy and accurate guideline on how to heal your skin layer from the inside- I love it! I love this book!! The program is very easy to check out (only 21 times! My aesthetician and I were talking about how much better my skin is certainly and how great probiotics are both internally and externally. I have been a believer in healing from the within out, I simply couldn't quite work out how to do it the way in which. Thank you Dr. Repetitive Repetitive This book is a game changer!! I am excited to start this journey of overall health. Bowe for teaching me! This book well crafted and SO informative! Dr. Bowe has done extensive scientific analysis and completely explains the connection between a healthy gut and healthy pores and skin. She provides basic explanations of the technology, practical skin care strategies and a apparent and concise three-week plan for clear epidermis. I've tried the majority of the quality recipes in the publication, and not only are they easy to make, they are DELICIOUS! this book Changes your life Okay. I love this book I really like this book very interesting.The

very best book about skin I've ever read I LOVE this reserve. Bowe knows just what she is discussing. Her protocol and suggestions worked to improve my Rosacea for sure. Bowe breaks everything down for you. I have struggle with acne since I was 14 (that's 12 years today for you personally all keeping count) and also have used stronger and more powerful topical creams for my encounter, and was considering going the accutane path but did not wish to risk the damage for my body without attempting EVERYTHING I could. So I heard bout this book, got it, and after that when I got home from vacation did everything Dr. I followed several of her recommendations (topical probiotics and Night Primrose Oil). It just had taken about 3 weeks for me personally to have a noticeable difference in my skin and when anyone asked me about any of it, I cried because Dr. Bowe's book literally changed my life and my confidence. Being truly a 26 year old woman with adult pimples is not an easy matter. I normally don't write reviews but I am telling everyone I know concerning this book (doctors, friends, coworkers, family, strangers) and have bought 2 copies already that I've distributed so will probably be investing in a few more.



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