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# Clean Skin From Within: The Spa Doctor's Two-Week Program To Glowing, Naturally Youthful Skin



## Synopsis

Many people suffer from skin conditions -- acne, rosacea, eczema, psoriasis -- and seek conventional medical help, but don't get the results they hope for. What they don't realize is how good their skin can be when they adopt a cleaner, healthier lifestyle. In *Clean Skin from Within*, Dr. Trevor Cates presents guidelines and recipes to transform your skin from the inside out. She explains the why of what's happening, and how you can remedy problems. Dr. Cates opens by showing how to identify your skin type to reach the root cause of problems. From there you'll learn how to create nourishing foods to create a clean mind, clear skin, and healthy body. Collagen-boosting bone broths, antioxidant-rich salads, and delicious smoothies are just a few things on the menu. You'll also be able to whip up all-natural cleansers, toners, exfoliants, and masks! Within two weeks, both your skin and your whole being will be polished, perfect, and ready to glow.

## Book Information

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## Customer Reviews

"A groundbreaking approach to one of the most important organs of your body -- your skin. - Dr. Michael Breus, Ph.D., The Sleep Doctor and author of *The Power of When* - A results-driven approach to skin. Dr. Cates explains how your skin is giving you messages about your health, and she provides an easy-to-follow plan to finally have the skin you want and deserve." - Mark Hyman, M.D., Chairman of the Institute for Functional Medicine and Founder & Director of The Ul - Dr. Cates is the real deal. Her programs work better than any I've seen and, best of all, they are

safe and natural.â • - Dr. Pedram Shojai, New York Times bestselling author of The Urban Monkâ œClean Skin from Within takes the mystery out of anyoneâ™s skin care concerns and makes it easy to look your best by providing a practical roadmap (and delicious recipes!).â • - JJ Virgin, CNS, CHFS, New York Times bestselling author of The Sugar Impact Diet and The Virgin Dietâ œIf youâ™re sick and tired of having old, dry, wrinkly skinâ™or problems like acne, rosacea, psoriasis, or eczemaâ™then I have good news: This safe, all-natural program is the answer youâ™re seeking.â • - Dr. Kellyann Petrucci, New York Times bestselling author of Bone Broth Dietâ œA guide to better skin and a better you. Dr. Cates teaches readers that diet does matter and that healthy skin comes from within.â • - Alan Christianson, NMD, New York Times bestselling author of The Adrenal Reset Diet"Read this book to learn how the things that will make you live way past 100 can also make you look amazing right now.â Dr. Cates will transform how you think about your skin and aging." - Dave Asprey, bestselling author of The Bulletproof Dietâ œClean Skin from Within provides a powerful toolbox for anyone ready to reclaim their health and have it radiantly reflected in their well-nourished skin.â • - Izabella Wentz, PharmD, FASCP, pharmacist, and New York Times bestselling author of Hashimoto's theâ œAn empowering guide filled with keen insight and heartfelt compassion that can help every woman or man feel beautiful inside and out.â • - Michael T. Murray, N.D., co-author of The Encyclopedia of Natural Medicineâ œClean Skin from Within shines with insightful information for anyone wanting to look and feel their youthful best from the inside out.â • - Razi Berry, publisher, Naturopathic Doctor News & Review, NaturalPath, and The International Journal

Dr. Trevor Cates, also known as â œThe Spa Dr.,â • is an internationally recognized naturopathic doctor and the first woman licensed as a naturopathic doctor in the state of California. Former Governor Arnold Schwarzenegger twice appointed Dr. Cates to Californiaâ™s Bureau of Naturopathic Medicine Advisory Council. She has worked with world-renowned spas and sees patients in her private practice in Park City, Utah, with a focus on graceful aging and glowing skin. â She has been featured on The Doctors, Extra, First for Women, and on the mindbodygreen website and is host of THE SPA DR. podcast. Dr. Cates believes the key to healthy skin is inner and outer nourishment with nontoxic ingredients. â Dr. Catesâ™s The Spa Dr. skin care and supplement lines are formulated with natural and organic ingredients designed to help you achieve the clean and natural path to confidence and beautiful skin. Visit [TheSpaDr.com/specialoffer](http://TheSpaDr.com/specialoffer) for more information.

Very basic information.

Just finished reading this brilliant and simple roadmap to glowing healthy skin. Dr. Cates, is officially my holistic genius!#CleanSkinFromWithin

this is a fun and informative book for anyone wanting to diy your skincare routine. I have very sensitive skin and am finding wonderful tips in this book to clean and soften my skin.

Love this book and all of the content! Every time I have gone to a dermatologist they just prescribe a bunch of topical treatments filled with toxic chemicals. I started the 2 week cleanse as soon as I received my book and I am already seeing amazing results! Great recipes too!

Great book! Great tips! Love it!

Lots of good info- about 1/2 way through the book!

Fantastic book! Thank you Dr.Cates!!

This book is beautifully done and packed with practical tips to maintain healthy skin.

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