

The Complete Acne Health & Diet Guide

Naturally Clear Skin Without Antibiotics

Includes the most current information on managing acne, from the role that diet plays to conventional treatments, natural skin care and normalizing the gut and hormones.

Acne can be an incredibly frustrating condition. By now, you've probably tried every conventional approach, from harsh topical applications to antibiotics, none of which provides a long-term solution. Increasing evidence strongly supports the link between acne and common dietary triggers, such as processed and high-sugar foods, which can not only cause acne but actually make it worse.

The Vibrant Skin Diet Plan works with your body to create an internal state that is less inflamed and more balanced. All of the approaches are gentle and support your whole body. As the function of your hormones, immune system and digestive system normalizes, your skin will follow suit, rewarding you with a clear, glowing complexion.

Guidance and resources are provided on:

What Is Acne? • Why Do I Have Acne? • Does Diet Play a Role? • Conventional Treatments • Natural Skin Care • Dietary Triggers for Acne • Normalizing the Gut and Hormones • Stress Management • Acne and Emotions • Additional Skin Support

\$24.95 USA
\$24.95 CAN

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Includes
150
Recipes

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ALSO AVAILABLE

THE COMPLETE
Leaky Gut
Health & Diet Guide

Improve Everything from
Autoimmune Conditions to Eczema
By Healing Your Gut

INCLUDES 150 RECIPES

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with Doug Cook, RD, MHS

Dr. Makoto Trotter, BSc (Hons), ND, is a licensed naturopathic doctor, proud dad and cofounder of a multidisciplinary health clinic. He is passionate about holistic medicine and strongly believes that prevention and health optimization are the cornerstones of individual wellness and long-term health.