



Feed Your Face: The 28-day plan for younger, smoother skin and a beautiful body (Chinese Edition)

Jessica Wu

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Doctor Wus waiting room is always filled with famous Hollywood stars. Though they use the worlds top cosmetics, have excellent cosmeticians and doctors, they are often troubled by skin problems, just like us. Do you have similar problems: you buy expensive wrinkle cream, moisturizer, acne cream but the effect is little. Actually, to have truly perfect skin, we must change our way of protecting and beautifying our skin. Cosmetics companies, female magazines and most doctors would vow solemnly that food has no negative effect on your skin. But the famous dermatologist Jessica Wu thinks this is not completely correct. Based on her long-time struggle with her sensitive skin and her experience offering skin care for Hollywood stars, she knows very well the close relationship between diet and skin. This book originally circulates among doctor Wus patients, families and relatives and friends in the form of hard copies, helping them eliminate pimples, wrinkles and lose weight and have healthier and more beautiful skin via correct diet. These suggestions are easy to follow and produce instant results. While making it a published book, many women that have benefited from her suggestions volunteer to share their experiences and offer useful tips for readers.

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