



Quit Acne: The nutritional approach for clear skin

By Lauren Geertsen

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Your acne is telling you something... and it's not telling you to invest in a heavy-duty concealer or a pricey facial serum! Your acne is a symptom telling you that something is wrong inside your body.

In *Quit Acne*, nutritional therapist Lauren Geertsen explains, in her thorough and accessible style, the three primary underlying causes of acne. Then, she equips you with 7 effective and practical dietary practices to address the cause of acne and eliminate it. By following the *Quit Acne* nutrition protocol, you'll enjoy radiant, clear skin naturally.

Quit Acne covers key topics, including:

- Why the correct dietary fats are vital for eliminating acne, while other fats cause breakouts.
- The ingredients for clear skin that you can only get from animal sources.
- The one food that wreaks havoc on hormones and exacerbates acne.
- Why going dairy-free isn't necessarily the best option for clear skin.
- How balanced blood sugar affects the clarity of your skin.

Quit Acne takes a research-backed and ancestral approach to nutrition and is not compatible with a vegan diet; however it can be modified for a vegetarian diet.

Bonus download included!

Included with *Quit Acne* is free access to my digital book "*Quit Acne Recipes*." You'll get the effective, DIY skincare recipes that, along with the steps in *Quit Acne*, cleared my skin.

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Quit Acne: The nutritional approach for clear skin By Lauren Geertsen Bibliography

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