

Skin Fitness



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Your skin is your body's largest organ. In today's environment our skin is under constant pressure - we spend a lot of time in excessively dry air, are often overheated, and are obsessed with cleanliness. This leads to conditions ranging from persistent acne to eczema and psoriasis. Do you or your family suffer with - dry, rough or scaly skin? - unexplained morning sneezing and a runny nose? - persistent acne? - limp, lifeless, stringy or greasy hair? - dark rings around the eyes? - recurrent tinea? - disturbed sleep? Skin Fitness explains the causes of these modern skin problems, and provides simple, safe, non-invasive and inexpensive solutions.

作者介绍:

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