



The Hidden Cause of Acne: How Toxic Water Is Affecting Your Health and What You Can Do about It

By Melissa Gallico

Healing Arts Press. Paperback. Condition: New. 288 pages. An investigation into the root cause of the modern acne epidemic--fluoride--and how to remove it from your diet and lifestyle for clear, healthy skin Chronicles the existing acne research to reveal fluoride was behind the rise of teenage acne in the mid-20th century and the dramatic increase in adult acne today Details how to avoid fluoridated foods and beverages as well as other common sources of fluoride, such as pesticides, pharmaceuticals, and household products Explains how to displace fluoride stored in your bones and other tissues through nutrition and the careful use of iodine According to a recent study, over 20 percent of men and 35 percent of women experience acne after the age of 30. At the same time, remote indigenous societies--such as the Inuit before they moved to town in the 1960s--experience no acne at all, even among their teenagers. Many things have been cited as causing acne, from sugar, chocolate, or pizza to dirty pillowcases, hormones, or genetics, but none of these causes have been able to explain the majority of acne cases, nor why chronic acne is on the rise. Using her FBI intelligence analyst skills, Melissa Gallico...



READ ONLINE
[6.92 MB]

Reviews

I just began reading this pdf. It is actually written in straightforward words instead of hard to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Jensen Bins**

The very best publication I at any time read through. I actually have gone through and I am confident that I am going to plan to read through once more once more down the road. I found out this ebook from my I and dad advised this publication to learn.

-- **Emie Wuckert**