



Younger Skin Starts in the Gut: 4-Week Program to Identify and Eliminate Your Skin-Aging Triggers - Gluten, Wine, Dairy, and Sugar

By Nigma Talib

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A SIMPLE DIETARY APPROACH TO ACHIEVING GLOWING SKIN THAT'S FREE OF AGE SPOTS, SAGGING AND WRINKLES

Eating too much of the wrong foods is bad for your digestion; and what's worse, it shows up in your face as wrinkles, blemishes, bags and more. Luckily, by identifying and eliminating your skin-aging triggers, you can simultaneously heal your gut, stop this process of "digest-aging" and reverse its negative effects on your skin.

Younger Skin Starts in the Gut provides a complete healthy skin regimen that produces beautiful glowing skin by balancing hormones, preventing inflammation and maintaining well-adjusted digestion. The book's comprehensive four-week program and healthy recipes provide solutions to eight different signs of aging—including uneven skin tone, puffiness, dark circles and adult acne—and guarantees one blissful result: younger-looking, healthier skin.

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Editorial Review

Review

"Nigma's comprehensive approach pinpointed exactly what my body needed to give me the optimal glow."
—Penelope Cruz

"Dr. Nigma gives her patients power through knowledge. She will supply you with the tools to feel your best self—from the inside out. She's a life changer." —Kate Bosworth

"Dr. Nigma's book is pioneering the real solution to aging gracefully. It is a must-read for anyone wanting to look and feel their best at any age." —Stella McCartney

About the Author

Dr. Nigma Talib is a world-renowned naturopathic doctor, aesthetician and leading authority on holistic health who has become celebrated for her expertise in the treatment of anti-aging. She lives in London, England.

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