

Glow: The Dermatologist's Guide to a Whole Foods Younger Skin Diet

In this groundbreaking book, dermatologist and professor Dr. Rajani Katta reviews the latest research and shows you how to use this cutting-edge information to promote youthful, healthy skin.

The right foods can supercharge your skin's powers of repair and renewal, and the right foods can combat the major forces that threaten your skin: oxidation, inflammation, and glycation.

This book combines a straightforward, easy to understand breakdown of the science with practical, action-oriented advice. With over 35 recipes, you'll learn how to translate the latest research into action to achieve youthful, glowing skin.