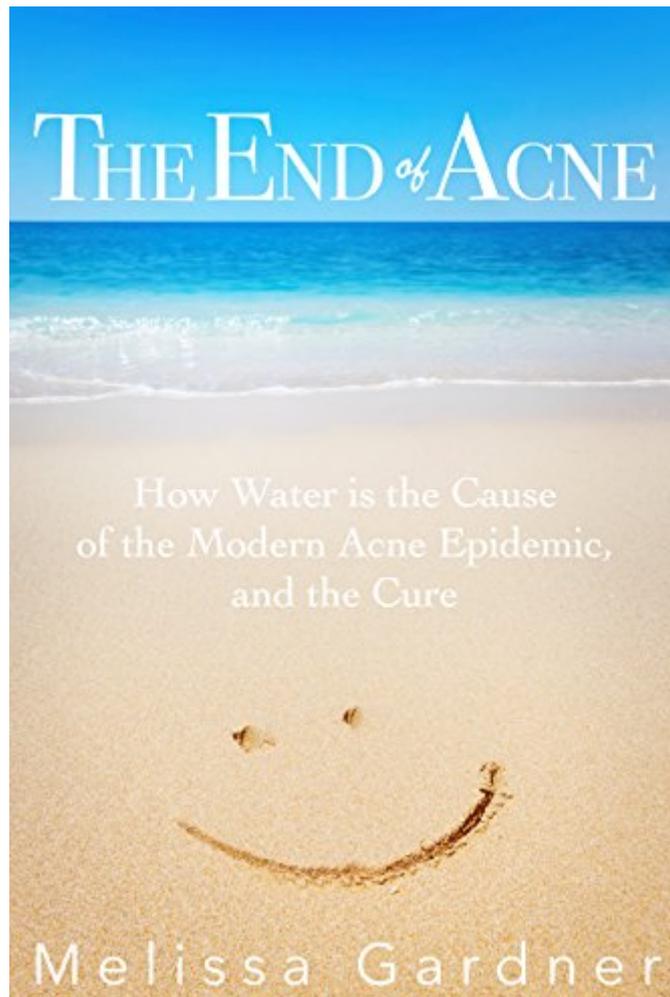


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# The End Of Acne: How Water Is The Cause Of The Modern Acne Epidemic, And The Cure



## Synopsis

What do Eskimos, Katy Perry, your teenage neighbor, and FBI intelligence analysts have in common? They all have zits. Acne isn't just a teenage problem anymore. According to a recent Harvard study, over 25 percent of American women between the ages of 30 to 40 have clinical acne. Author Melissa Gardner used to be one of those women. She had a face full of zits throughout her time as a military intelligence officer, a Fulbright scholar to the United Kingdom, and as an analyst for the Federal Bureau of Investigation. After living in a variety of places within the U.S. and abroad, Melissa noticed her acne flared up in certain cities she lived in. This simple observation turned out to be the critical clue that helped unravel the whole case. Research shows that acne is non-existent in select societies. For example, Eskimos did not experience acne until they moved into towns in the 1960s. Paleo dieters argue the reason Eskimos suddenly developed acne was because of the increasing amounts of sugar they were consuming. In *The End of Acne*, you will learn exactly where their analysis goes off course. The real cause of the modern acne epidemic is something much more insidious than sugar. But once you understand what a true anti-acne diet looks like, it will be the end of your acne. Forever. \*\*\*\*\*"I'm speechless. It all makes sense now. Your face is my face. I can't believe I've never heard of this before." -- Lauren from Plano, TX "Your book saved my life. A million times thank you because you helped me avoid going crazy." -- Irene from Houston, TX "It totally made sense. I cried." -- Amber from Bethlehem, PA

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## Customer Reviews

I read a lot about how to be healthy in our toxic environment, so when I read a new book, I'm happy to pick up one or two things I didn't know or hadn't integrated. This book, though, is chock-full: incredibly helpful and fun to read as well. I'd read most of the books Melissa mentions, but ended up with a few more in my stack. I can't imagine that anyone will read this and not find it both incredibly helpful and an excellent return on the time. Highly recommended! Some of the things I hadn't realized: \* that fluoride can be the primary trigger for acne flairs, and that it might be the only trigger for everyone\* the common use of fluoride in pesticides, so that many non-organic products have very high fluoride levels\* the systemic toxicity of fluoride, over and above its anti-thyroid effects\* the degree to which fluoridated water can be absorbed through the skin All of our modern toxins, such as EMFs Cross Currents, electric power Electrocutation of America: Is Your Utility Company Out to Kill You?, aspartame While Science Sleeps, statins and other pharmaceuticals

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Resources and Environmental Engineering Series) Fruit Infused Water: 101 Fruit Infused Water Recipes for Weight Loss, Detox and Metabolism Boosting Vitamin Water Water is Life: Different Sources of Water and Ways to Conserve Them (For Early Science Learners): Nature Book for Kids - Earth Sciences (Children's Water Books) The Wonders of Water - How H<sub>2</sub>O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Solar PV Powered UV Water Treatment: How to Solar Power UV Water Sterilizing Systems for Drinking Water Onsite Summary Eat Dirt: by Dr. Josh Axe: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It Heal Thyself: An Explanation of the Real Cause and Cure of Disease Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) The Allergy Epidemic: A Mystery of Modern Life How to Use Tea Tree Oil - 90 Great Ways to Use Natures "Medicine Cabinet in a Bottle" - Acne, Boils, Head Lice, Nail Fungus, Ringworm, Skin Tags, - Health ... Dilutions and Lots More! (What Is? Book 2) How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight

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