



Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days

Jessica Wu

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Cosmetics companies, women's magazines?even doctors?will swear that food doesn't affect the skin. But Dr. Jessica Wu knows that's just not true. After years spent battling her own problem skin and caring for some of Hollywood's most famous faces, she's learned that what you eat has *everything* to do with your complexion.

- Want to soften crow's-feet? Find out which foods will turn back time.
- Plagued by pimples? Discover the snacks that will erase blemishes.
- Worried about skin cancer? Learn what to eat and what to avoid.
- Feel a sunburn coming on? Uncover why red wine may save your skin from peeling and flaking.

Packed with celebrity food diaries and anecdotes, patient testimonials, and before and after photos, *Feed Your Face* is an easy-to-follow, 28-day diet plan that will help readers banish blemishes, wipe out wrinkles, shed unwanted pounds, and generally feel better?in their clothes and in their skin.

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