

The book was found

# Clean Skin From Within: The Spa Doctor's Two-Week Program To Glowing, Naturally Youthful Skin



## Synopsis

Many people suffer from skin conditions -- acne, rosacea, eczema, psoriasis -- and seek conventional medical help, but don't get the results they hope for. What they don't realize is how good their skin can be when they adopt a cleaner, healthier lifestyle. In *Clean Skin from Within*, Dr. Trevor Cates presents guidelines and recipes to transform your skin from the inside out. She explains the why of what's happening, and how you can remedy problems. Dr. Cates opens by showing how to identify your skin type to reach the root cause of problems. From there you'll learn how to create nourishing foods to create a clean mind, clear skin, and healthy body. Collagen-boosting bone broths, antioxidant-rich salads, and delicious smoothies are just a few things on the menu. You'll also be able to whip up all-natural cleansers, toners, exfoliants, and masks! Within two weeks, both your skin and your whole being will be polished, perfect, and ready to glow.

## Book Information

Paperback: 208 pages

Publisher: Fair Winds Press (March 15, 2017)

Language: English

ISBN-10: 1592337430

ISBN-13: 978-1592337439

Product Dimensions: 7.8 x 0.5 x 9.3 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 59 customer reviews

Best Sellers Rank: #51,278 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #68 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #81 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

## Customer Reviews

"A groundbreaking approach to one of the most important organs of your body" your skin. - Dr. Michael Breus, Ph.D., The Sleep Doctor and author of *The Power of When* a results-driven approach to skin. Dr. Cates explains how your skin is giving you messages about your health, and she provides an easy-to-follow plan to finally have the skin you want and deserve." - Mark Hyman, M.D., Chairman of the Institute for Functional Medicine and Founder & Director of The Ul Dr. Cates is the real deal. Her programs work better than any I've seen and, best of all, they are

safe and natural.â• - Dr. Pedram Shojai, New York Times bestselling author of The Urban MonkâœClean Skin from Within takes the mystery out of anyoneâ™s skin care concerns and makes it easy to look your best by providing a practical roadmap (and delicious recipes!).â• - JJ Virgin, CNS, CHFS, New York Times bestselling author of The Sugar Impact Diet and The Virgin DietâœIf youâ™re sick and tired of having old, dry, wrinkly skinâ”or problems like acne, rosacea, psoriasis, or eczemaâ”then I have good news: This safe, all-natural program is the answer youâ™re seeking.â• - Dr. Kellyann Petrucci, New York Times bestselling author of Bone Broth DietâœA guide to better skin and a better you. Dr. Cates teaches readers that diet does matter and that healthy skin comes from within.â• - Alan Christianson, NMD, New York Times bestselling author of The Adrenal Reset Diet"Read this book to learn how the things that will make you live way past 100 can also make you look amazing right now.â• Dr. Cates will transform how you think about your skin and aging." - Dave Asprey, bestselling author of The Bulletproof DietâœClean Skin from Within provides a powerful toolbox for anyone ready to reclaim their health and have it radiantly reflected in their well-nourished skin.â• - Izabella Wentz, PharmD, FASCP, pharmacist, and New York Times bestselling author of Hashimoto's theâœAn empowering guide filled with keen insight and heartfelt compassion that can help every woman or man feel beautiful inside and out.â• - Michael T. Murray, N.D., co-author of The Encyclopedia of Natural MedicineâœClean Skin from Within shines with insightful information for anyone wanting to look and feel their youthful best from the inside out.â• - Razi Berry, publisher, Naturopathic Doctor News & Review, NaturalPath, and The International Journal

Dr. Trevor Cates, also known as âœThe Spa Dr.,â• is an internationally recognized naturopathic doctor and the first woman licensed as a naturopathic doctor in the state of California. Former Governor Arnold Schwarzenegger twice appointed Dr. Cates to Californiaâ™s Bureau of Naturopathic Medicine Advisory Council. She has worked with world-renowned spas and sees patients in her private practice in Park City, Utah, with a focus on graceful aging and glowing skin. â• She has been featured on The Doctors, Extra, First for Women, and on the mindbodygreen website and is host of THE SPA DR. podcast. Dr. Cates believes the key to healthy skin is inner and outer nourishment with nontoxic ingredients. â• Dr. Catesâ™s The Spa Dr. skin care and supplement lines are formulated with natural and organic ingredients designed to help you achieve the clean and natural path to confidence and beautiful skin. Visit [TheSpaDr.com/specialoffer](https://TheSpaDr.com/specialoffer) for more information.

Very basic information.

Just finished reading this brilliant and simple roadmap to glowing healthy skin. Dr. Cates, is officially my holistic genius!#CleanSkinFromWithin

this is a fun and informative book for anyone wanting to diy your skincare routine. I have very sensitive skin and am finding wonderful tips in this book to clean and soften my skin.

Love this book and all of the content! Every time I have gone to a dermatologist they just prescribe a bunch of topical treatments filled with toxic chemicals. I started the 2 week cleanse as soon as I received my book and I am already seeing amazing results! Great recipes too!

Great book! Great tips! Love it!

Lots of good info- about 1/2 way through the book!

Fantastic book! Thank you Dr.Cates!!

This book is beautifully done and packed with practical tips to maintain healthy skin.

[Download to continue reading...](#)

Clean Skin from Within: The Spa Doctor's Two-Week Program to Glowing, Naturally Youthful Skin  
Start Your Own Day Spa and More: Destination Spa, Medical Spa, Yoga Center, Spiritual Spa  
(StartUp Series) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating  
Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and  
Weigh loss, Eat Clean Diet Book SKIN CARE: The Secrets To A Healthy Youthful and Glowing Skin  
Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian  
Edition) The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils,  
Ointments, Bath Salts, Spa Nosh, and More Ultimate Spa: Asia's Best Spas and Spa Treatments  
CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally  
(Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss  
weight Fast,Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious  
Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose  
Weight Fast, Flat Belly) The Little Book of Skin Care: Korean Beauty Secrets for Healthy, Glowing

Skin Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs  
Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free)  
5-Day Psoriasis Natural Healing Program: Psoriasis Home-Spa Treatment Program Using Homemade Recipes  
Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types  
Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean  
Wipe Clean: Learning Sight Words: Includes a Wipe-Clean Pen and Flash Cards! (Wipe Clean Learning Books)  
Wipe Clean: First 100 Words (Enclosed Spiral Binding): Includes Wipe Clean Pen (Wipe Clean Workbooks)  
Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion)  
Forever Young: The Science of Nutrigenomics for Glowing, Wrinkle-Free Skin and Radiant Health at Every Age  
Organic Body Care Recipes: 175 Homemade Herbal Formulas for Glowing Skin & a Vibrant Self

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)