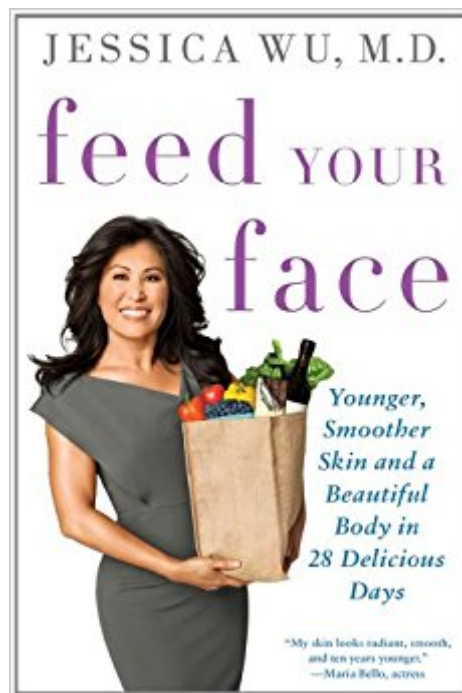




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# Feed Your Face: Younger, Smoother Skin And A Beautiful Body In 28 Delicious Days



## Synopsis

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.

## Book Information

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## Customer Reviews

Deserving of a better subtitle, dermatologist-to-the-stars Wu's first book is packed with helpful tips. Dense but highly readable, the tome is split into four sections: a look at our largest organ, the skin; a guide to skin disorders accompanied by Wu's insights into foods both helpful and harmful for treating them; four weeks' worth of menu suggestions; and a quickie primer to homemade skincare products. Wu also includes a guide to Botox and other small-scale surgical interventions. The author is refreshingly honest and approachable. She enjoys having a tan, for instance, and doesn't see the

point in telling her patients to wear long sleeves outdoors at any hour of the day. Though urging readers to eat organic, minimally-processed food is hardly a breakthrough, Wu's case for doing so is well-explained and easy to implement. The calm, sensible approach she takes here will be appreciated by anyone in search of perfect-or at least better-skin. Photos. (c) Copyright PWxyz, LLC. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

“The key to looking younger - as I have learned from Dr. Wu - isn't copious amounts of Botox or even plastic surgery, it's a diet that will improve your skin from the inside out, as her Feed Your Face Diet has done for me. My skin looks radiant, smooth, and ten years younger.”  
— Maria Bello, actress

As a physician, I'm always interested in reading books by other doctors. Dr. Jessica Wu is a prominent celebrity dermatologist based in Beverly Hills. I've seen her on several television programs, and thought I'd pick up this book. Dr. Wu basically gives a very detailed description of how you can look younger, healthier, and improve your skin by changing what you eat. She explains the glycemic index, and how eating foods too high in sugar can result in inflammation, leading to acne, dry skin, and wrinkles. Throughout the book she includes celebrity stories, and how certain celebs have improved their complexion and appearance by following certain dietary guidelines. This book is complete, well-written, entertaining, and chock-full of useful information with a scientific basis. I thoroughly enjoyed reading it and am going to rethink how I eat as I continue to get older. If you enjoy this book, I recommend that you consider *7 Years Younger: The Revolutionary 7-Week Anti-Aging Plan*, a recent best-seller by the editors of Good Housekeeping. It's an information-packed reference full of tips to look younger, be healthier, and reduce aging. It's very easy to read, and a great resource. I also recommend Dr. Jennifer Ashton's *Your Body Beautiful: Clockstopping Secrets to Staying Healthy, Strong, and Sexy in Your 30s, 40s, and Beyond*. It's a great guide for my women patients to be healthier, look better, and reduce their risk of age-related medical problems. Very well-written, scientifically and medically supported information.

I am still reading this book but find it very insightful and have a hard time putting it down. I like how the author has personality and doesn't just present dry facts.

Reading this book is an eye opener! I couldn't stop reading this book! Dr. Wu explains how foods, environment and habits affect our skin. Now I understand why Dr. Wu, is an in demand

dermatologist, she encourages the less invasive route to healthy skin, by changing the diet, weeding out the "food" triggers, first. This book is chock full about skin education, which is way worth more than it's price! The doctor is in, if you want to enjoy healthy skin, read this book...

Guys I am a 71 year old personal fitness trainer who ain't afraid to learn what Dr Wu teaches mostly women! I share her suggestions and knowledge regularly at our Men55Plus blog!

Many doctors do not feel comfortable recommending products by name or referring patients to a particular brand. Dr. Wu is not held back by this and both in her book and in her e-mail newsletter, she is always on the lookout for a new product, new advancement, stays aware of everyone's budget and time, so that she recommends logical, down-to-earth products and sources. She often lists the prices as well. All of this is very beneficial and a real time-saver. Additionally, she has many "helpful hints" for the daily woes of all of us with skin problems or occasional break-outs at the wrong moments. With the experience in her practice, her own life, her willingness to try the "new" things on herself...all of it adds up to be informative, fun, amusing at times, and VERY beneficial to the reader!! I would highly recommend both the book and the newsletter to anyone who wishes to look better or correct skin issues they have had!! Donna O.

Dr. Jessica Wu gives a lot of excellent source of advice and products you can use in to which to help your skin stay healthy and fresh and free of acne and wrinkles! I was very pleased and eager to receive this book that once I got it I opened it immediately started reading. I love her little short stories about treating celebrities and their food dairy. It makes me think that celebrities are just like us and they aren't always "picture perfect". She says to avoid dairy and take calcium supplements but I'm finding it very hard to avoid dairy foods as well as sugar and sodium. I know it's going take time and effort but I'm willing to do this to help my skin stay clear and free of radicals. I find it hard that she says eat pizza ( in one of her interviews) but then says avoid dairy. Soy cheese is the alternative for dairy so I'm hopping it taste as good as regular cheese!! As a guide I'm bringing this book wherever I go. It also has tips on maintaining healthy nails and hair. How can you beat that?

The book was extremely helpful in explaining not only what to eat/avoid for clearer, healthier skin, but also why each food or drink caused bad skin or helped healthy skin. Although I have not yet tried the diet, I plan to start soon. I won't necessarily use all of the provided recipes (all of which sound delicious!) due to certain ingredients/time, but I will definitely use the basic foods in my daily

meals to hopefully improve the condition of my skin. Dr. Wu is knowledgeable and incorporates a sense of humor into her writing; it is an easy read.

I bought this book years ago and just referenced it today in conversation. One of my favorite takeaways is the ingredients to look for in sunscreen, something that most of us are unaware of. It's stayed with me through the years and I truly believe my skin is better because of it.

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