

## DISCOVER THE FOODS THAT FIGHT SKIN AGING

Have you ever looked in the mirror and wondered where those fine lines and brown spots came from? They're the outward signs of years of cellular skin damage. And although your skin is under siege from UV radiation, free radicals, and more, the right everyday foods can supercharge its built-in defense and repair systems.

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

### Inside--

- **Discover the foods that fight** the damaging effects of UV radiation. Your skin is constantly under attack by free radicals. The antioxidants in everyday foods, from black beans to cinnamon to tomatoes, fight back.
- **The power of spice.** From mint and parsley to dried basil and oregano, herbs and spices are powerful, concentrated sources of antioxidants.
- **Sugar sag.** What is sugar sag and are you at risk?
- **Discover the foods that protect collagen.** UV radiation activates harmful "scissor" enzymes (collagenase and elastase) which then start snipping away at collagen and elastic fibers. Foods can fight these enzymes.
- **Chapters on Acne** and other skin conditions highlight the latest research on the role of diet.
- **Over 35 recipes**, including Skin Saving Starts, Snacks, Salads, and Suppers, will help you translate the latest research into action to achieve youthful, glowing skin.



Dr. Rajani Katta is an accomplished dermatologist and professor. Her advice on skin care and diet has been published in many magazines and newspapers and featured on the ABC, CBS, Fox, and NBC networks. She is an award-winning educator and served as the Director of the Contact Dermatitis Clinic at the Baylor College of Medicine.

For more on the link between diet and skin health, see [www.SkinAndDiet.com](http://www.SkinAndDiet.com).

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