

Reviews:

"Readers wanting to learn about the connection between healthy skin and diet can benefit from the approach taken in Glow. The author, Dr. Rajani Katta, dermatologist and educator, balances medical expertise and current research with an approachable style and includes immediately useful information...All in all, the connection of scientific research and practice to everyday life has been extremely well done, making for an inspiring source of information."

- San Francisco Book Review (Star Rating 5/5)

"Katta...walks readers through the science of skin and the factors that contribute to common signs of aging (like crow's feet and sagging), clearly explains how different foods benefit the skin in different ways, and also delves into the connection between diet and skin conditions like eczema, psoriasis, and acne. Also included are more than three-dozen simple recipes for nutritious and appealing entrees, sides, and desserts, like honey ginger roasted carrots and peach almond custard tart..."

"Accessible, evidence-based advice for those who want radiant skin"

- Kirkus Reviews