

Fine lines and wrinkles. Dark spots. Loss of elasticity. Is there anything you can do to fight these common signs of skin aging? **Absolutely.**

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

Your skin has amazing powers of repair and renewal. And the right foods can supercharge those powers: the right foods can activate DNA repair systems, quench free radicals, and protect against collagen damage. The right foods can combat the major forces that threaten your skin: oxidation, inflammation, and glycation.

This book combines a straightforward, easy to understand breakdown of the science with practical, action-oriented advice. With over 35 recipes, you'll learn how to translate the latest research into action to achieve youthful, glowing skin.