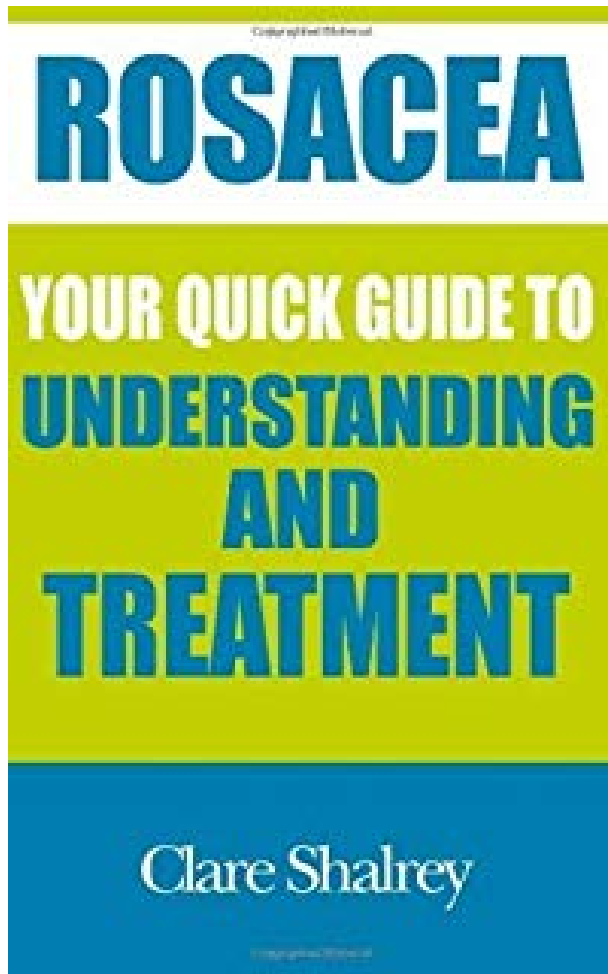


# Rosacea: Your Quick Guide to Understanding and Treatment



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| <b>Pages:</b>            | 100  |
| <b>Language</b>          | English  |
| <b>Author:</b>           | Clare Shalrey  |
| <b>ISBN10:</b>           | 1482755548   |
| <b>Genre:</b>            | Uncategorized  |
| <b>ISBN13:</b>           | 9781482755541  |
| <b>Goodreads Rating:</b> | 4.00   |
| <b>Published:</b>        | March 12th 2013 by CreateSpace Independent Publishing Platform |

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Rosacea: Your Quick Guide to Understanding and Treatment is a simple and easy-to-read book in which you'll discover the causes, risk factors and treatment of rosacea along with top tips and practical advice including... • What is Rosacea? • Types of Rosacea • Symptoms and Natural Treatment • Causes and Risk Factors • How to Prevent Flare-ups • Keeping Rosacea at Bay • Home Remedies • Herbal Remedies • Rosacea Diet • What Sulphur Can Do for Rosacea • Fasting for Rosacea • How Meat Affects Rosacea • Fatty Acids: Do They Really Help with Rosacea? • Smoking and Rosacea • Rosacea and Histamines