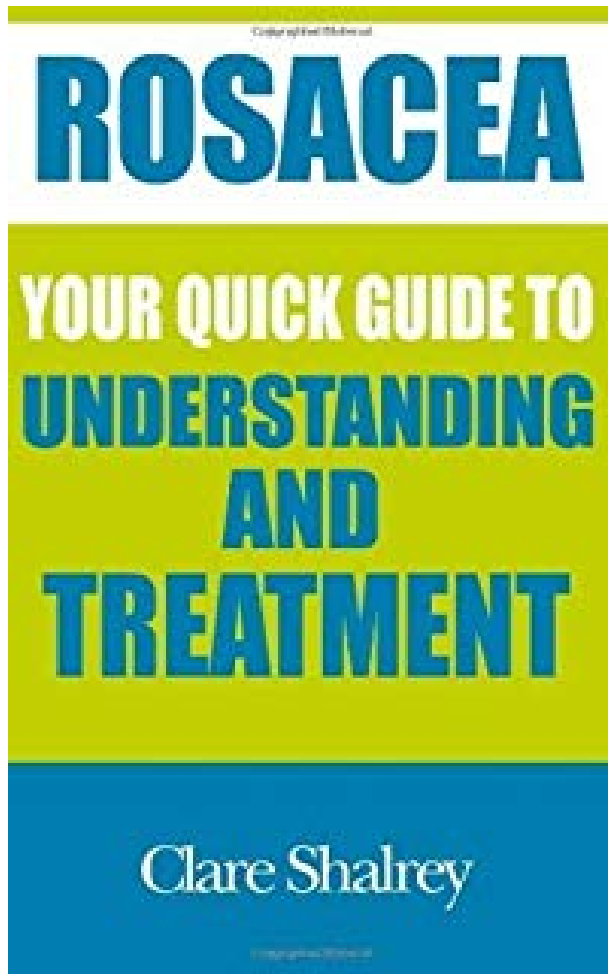


Rosacea: Your Quick Guide to Understanding and Treatment



Pages:	100
Language	English
Author:	Clare Shalrey
ISBN10:	1482755548
Genre:	Uncategorized
ISBN13:	9781482755541
Goodreads Rating:	4.00
Published:	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