

Title: *Eat Your Way to Lighter Skin: The All-Natural, Inexpensive, Easy Way to a Clear and Healthy Complexion*
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Author: Thienna Ho, Ph.D.
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BARNES&NOBLE Eat Your Way To Lighter Skin is now available at your local Barnes and Noble store.

What is the # 1 determining factor of your skin color, tone, and health?

Most people think that skin color is controlled by genetics: What color skin did their parent's have? Many also think that exposure to the sun has the greatest impact on skin color, tone, and health. These misconceptions have led to emotional trauma, damaging treatments like bleaching, and a multi-billion-dollar cosmetics industry rife with snake oil and synthetic cover ups. Even so-called "natural" skin whitening products only deal with the symptoms of bad skin, and certainly can't claim to lighten skin.

How the third most abundant mineral in your body helps determine skin color and health

It turns out that diet, removal of toxins, and lifestyle are the keys to lighter skin and a clear, healthy complexion. Nutritional

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