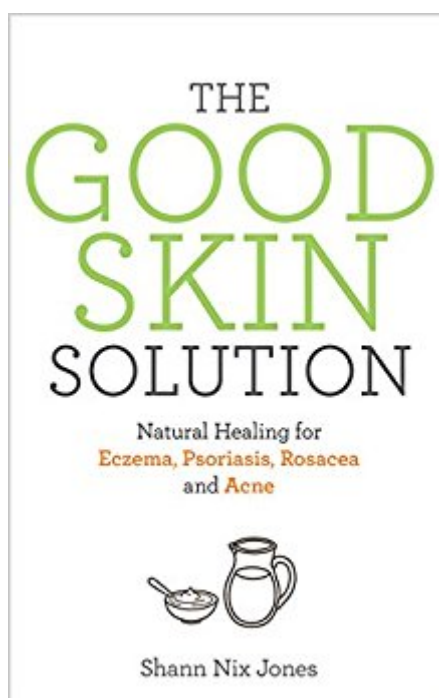


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# The Good Skin Solution: Natural Healing For Eczema, Psoriasis, Rosacea And Acne



## Synopsis

Eczema is the most common skin disorder in the industrialized world, followed closely by psoriasis, rosacea and acne. However, conventional medicine still offers no permanent solution to these conditions. In this book, natural health author Shann Nix Jones tells the incredible story of how she discovered a chemical-free method to help treat these conditions, during her struggle to heal her son's eczema and save her husband from a life-threatening MRSA superbug infection. Shann's staggering discovery is that eczema is not actually a skin condition – it's an autoimmune disorder. Your skin is simply a map of your gut; in order to heal the skin, you must first heal the gut. Shann reveals the latest scientific research about the "microbiome" – the vast ecosystem of microorganisms that lives inside us. In simple, easy-to-understand language, she explains the gut-skin connection: what eczema, psoriasis, rosacea and acne really are; why they're often accompanied by hay fever, asthma, IBS and food allergies; and how adopting the kefir-based Good Skin Solution can help to treat both the symptoms and the underlying causes of your skin condition. If you, or anyone you know, are suffering from an on-going skin condition, this book could be the lifeline you've been waiting for.

## Book Information

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Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

## Customer Reviews

Shann Jones is the author of Secrets from Chuckling Goat and the founder of the award-winning Chuckling Goat natural skin care products company. Shann was the ultimate American city girl until she fell in love with a Welsh farmer at the age of 41. Using the knowledge she gained from a

medical crisis that almost took her husband's life, Shann now dedicates her time to creating health-enhancing soaps, creams and probiotic kefir drinks that resolve skin conditions including eczema, psoriasis, rosacea, and acne. [www.chucklinggoat.co.uk](http://www.chucklinggoat.co.uk)

I found this book difficult to follow. I suffer from eczema and wanted to simply get to the heart of the proposed solution(s) quickly. The author shares a lot of stories about folks with skin conditions and what they did, but there doesn't appear to be a way to simply jump to SHORT summary of her specific proposed solutions. The author has a product line, Chuckling Goat, sold out of Britain, of kefir lotions and other products. It's nice when a book has a reference/link to exact products but when they're produced by the author it makes me feel as if the book is simply a sales pitch for the products.

I've suffered from IBS, allergies, and skin problems for years. I'm disillusioned with pharmaceuticals which are expensive and have harmful side effects. Shann presents a completely sensible, doable, affordable, and natural approach to healing these issues. I've already started using kefir and in 3 days have seen improvements. I highly recommend this book.

What a life changer! Helped me overcome an autoimmune skin condition. Interesting, easy read that explains really well how our immune system works and how to heal body inside out. Healthy skin is just a reflection of healthy body.

Great book on the benefits of Goat Milk Kefir. Started doing what she said and it has been remarkable for my gut and skin.

It is a sort of concentrate of all the things i see on the internet about this topic. It is a nice book and is easy to read but it has a lot of research in it for explaining things and why it works. Great

The guidance has been working for my rosacea! I really think that this going to heal me completely. Thank you!

Excellent book.

Really beautiful, great quality, my son loved it.

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Psoriasis, Psoriasis Symptoms, Psoriatic arthritis) Psoriasis Disease Cure: Treat Psoriasis with Natural Methods and Healthy Food Now (Healing psoriasis, treatment, diet, cookbook)

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