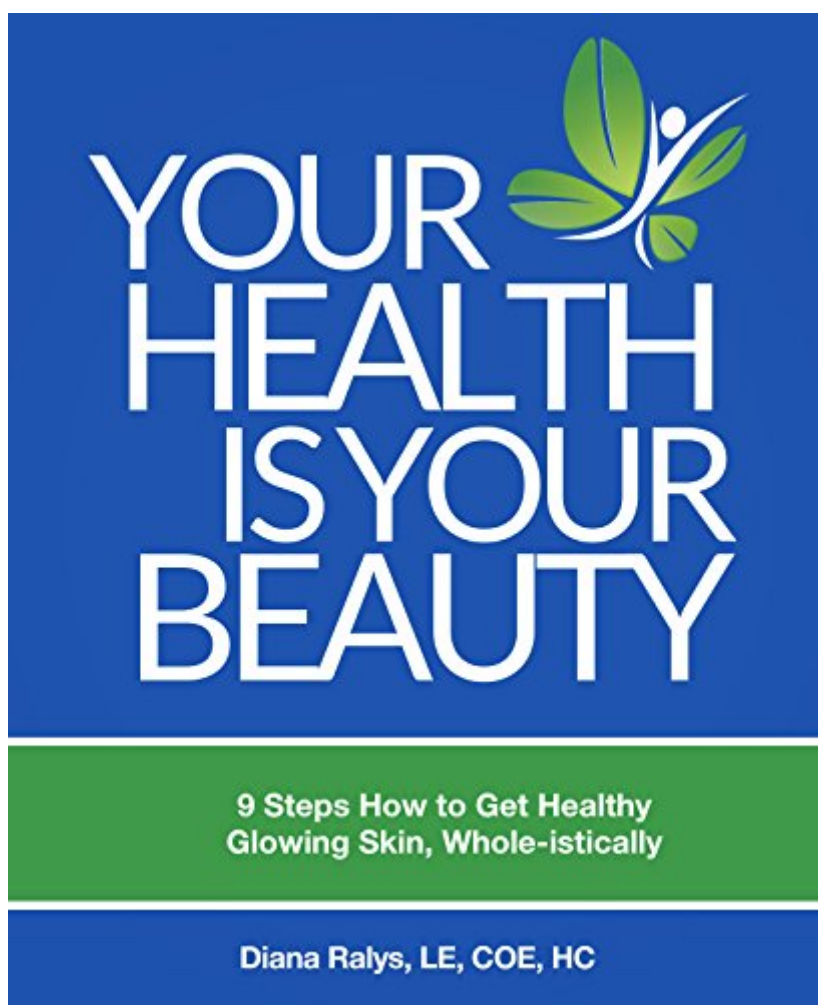


The book was found

Your Health Is Your Beauty: 9 Steps How To Get Healthy Glowing Skin, Whole-istically



Synopsis

Modern medicine divides the human body into parts and treats it all separately. In order to get a full body diagnoses, we have to make numerous appointments and visit numerous specialists. I do agree, the human body is a complex instrument. Doctors, medical professors, and scientists have my deep respect for their hard work and passion. It takes a very special person to dedicate endless hours to help others. I am happy to say, the number of health specialists, doctors, hospitals and clinics, that recognize the body-mind-nutrition connection are growing. Since the human body is a great system of closely connected organs, it must be seen and treated that way. Healthy glowing skin represents beauty and boosts confidence. There are many internal and external factors that make skin “act up”. For example, if someone has eczema that was caused by yeast overgrowth, also called Candida, prescribing steroid cream is not a solution. That would only solve the problem temporarily, and irritate skin even more in the long term. Another example: oral antibiotics and medicated topical products would not be a great solution for acne that was caused by food allergy or stress. It would only mask the symptoms for a while, but the problem would still exist internally. In fact, that would do more harm than good. It is crucial to find the cause of the problem. My purpose in writing this book is to empower you with knowledge that will help you make educated decisions not only towards achieving healthy skin, as well you will benefit with the byproduct of higher self- esteem and a more positive outlook. The secret to healthy skin is simple, but it requires your participation. I am confident that by reading this book, you will gain a stronger awareness and better understanding to make that participation exciting and successful. You will be glad you did.

About the Author Diana Ralys is a Licensed Esthetician, Certified Oncology Esthetician, Board Certified Holistic Drugless Practitioner, Advanced Reiki Practitioner and health coach. Today, Diana has over 30 diplomas, certifications and recognitions including a prestigious postgraduate degree at the International Dermal Institute. She is Founder and Owner of Diana Ralys Skin Health product line and wellness center in Santa Monica, California www.DRskinhealth.com Diana has won the 5 Star Award, “Talk of the Town Excellence in Customer Service” now for seven years in a row. Her speaking engagements emphasize Self-Love, Beauty Care and Empowerment. Diana has been featured in Day Spa Magazine, American Spa Magazine, Spa Wellness Mexicaribe Magazine. Nominated Eluxe Magazine “Sustainable Luxury Awards” and Martha Stewart “American Made Award”. She has been featured in numerous blogs and online articles. Diana is also the co-author of the book Cheers to Health. Over a decade of active esthetics practice, endless research and education, Diana decided to write this book to share her expertize and insight with you.

Love and Gratitude to All

Book Information

File Size: 2786 KB

Print Length: 87 pages

Page Numbers Source ISBN: 1521116652

Simultaneous Device Usage: Unlimited

Publication Date: April 24, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01MR9733W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #820,340 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style >

Cosmetics #36 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty,

Grooming, & Style > Skin Care #54 inÃ Â Books > Health, Fitness & Dieting > Beauty, Grooming,

& Style > Skin Care

Customer Reviews

It's rare to find someone who's passion and dedication for their craft earns them the acknowledgment of their peers as both an industry leader and pioneer. Diana Ralys is a true artist who pursues her calling for healing her clients with exceptional compassion and determination. In *Your Health Is Your Beauty*, Diana beautifully illustrates her depth of knowledge while outlining her comprehensive and wholistic approach to healing your body in a clear, digestible format. With a protocol that works wonders and delivers proven results, this is a must read for anyone interested in improving how they feel, both inside and out!

[Download to continue reading...](#)

Your Health is Your Beauty: 9 steps how to get healthy glowing skin, whole-istically Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)

Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs The Little Book of Skin Care: Korean Beauty Secrets for Healthy, Glowing Skin Whole Food: The 30 Day Whole Food Challenge [↗](#) [↗](#) Whole Foods Diet [↗](#) [↗](#) Whole Foods Cookbook [↗](#) [↗](#) Whole Foods Recipes (Whole Foods - Clean Eating) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) SKIN CARE: The Secrets To A Healthy Youthful and Glowing Skin Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Clean Skin from Within: The Spa Doctor's Two-Week Program to Glowing, Naturally Youthful Skin Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types Coconut Oil and Apple Cider Vinegar Handbook: Use Coconut Oil and Apple Cider Vinegar for Healing, Curing, Beauty, and Glowing Radiant Skin Beauty from Nature: 150 Simple Homemade Skin and Hair Care Recipes to Use Everyday: Organic Beauty on a Budget (Herbal and Natural Remedies for Healthy Skin Care Book 3) Essential Oils Beauty Secrets Reloaded: How To Make Beauty Products At Home for Skin, Hair & Body Care: A Step by Step Guide & 70 Simple Recipes for Any Skin Type and Hair Type In & Out In 10 Minutes: Korean Skincare Made Simple: Korean Skincare & Lifestyle Secrets for Healthy Glowing Skin! 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook [↗](#) [↗](#) Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook [↗](#) [↗](#) Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists Skin Care: Eczema Treatment for beginners (2nd EDITION REVISED AND EXPANDED) - How to get rid of eczema forever - Natural Treatments and Available Cures ... Eczema Therapy - Skin Care - Skin Disease) Forever Young: The Science of Nutrigenomics for Glowing, Wrinkle-Free Skin and Radiant Health at Every Age

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help