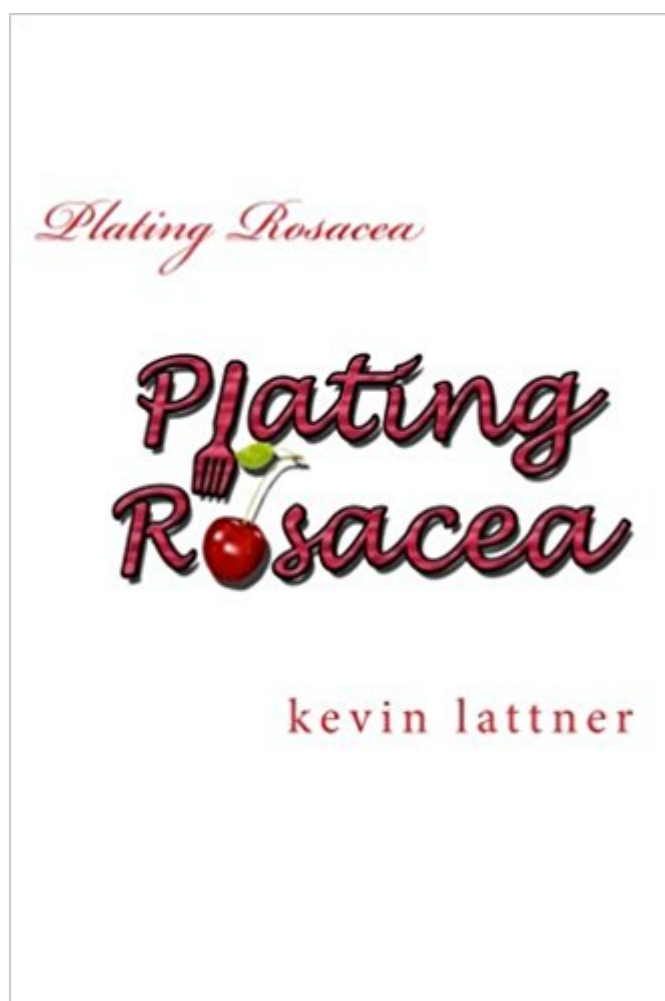


The book was found

Plating Rosacea: A Cookbook For People With Rosacea To Have You Looking And Feeling Great!



Synopsis

This is a cookbook for people with rosacea and for living healthy and eating great. Every recipe is rosacea friendly to have you looking and feeling great. If your willing to try new food while creating some great dinners for your family and friends then this book is for you. You will not only see your skin looking healthier but improve your quality of life as well.

Book Information

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #786,850 in Books (See Top 100 in Books) #197 in Books > Cookbooks, Food & Wine > Special Diet > High Protein

Customer Reviews

Finding out at 24 years old that I am starting to develop early signs of Rosacea is pretty scary! I hear all of the horror stories of the effects it has on your skin and the expense of the medication to be able to help treat those signs and symptoms. Discovering this cook book has changed my life! I can eat healthy foods that diminish the awful effects of rosacea and still workout in the gym without looking like a hot red pepper with bumps all over my face. So far I've tried the breakfast muffins and smoothies and they taste and make me feel amazing. Highly recommended:)

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