

# **Holistic Acne Healing Resource List**



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# RESOURCE LIST

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## WEBSITES

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### *holistic acne healing*

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[thelovevitamin.com](http://thelovevitamin.com)  
[highonclearskin.com](http://highonclearskin.com)  
[acneeinstein.com](http://acneeinstein.com)  
[clearskinforever.net](http://clearskinforever.net)  
[supernaturalacnetreatment.com](http://supernaturalacnetreatment.com)  
[healyourfacewithfood.com](http://healyourfacewithfood.com)  
[thescienceofacne.com](http://thescienceofacne.com)  
[theclearskinessentials.com/blog](http://theclearskinessentials.com/blog)

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### *holistic skincare general*

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[holisticvanity.ca](http://holisticvanity.ca)  
[minimalistbeauty.com](http://minimalistbeauty.com)  
[aylabeauty.com/advice/](http://aylabeauty.com/advice/)  
[nutritionalaesthetics.com/blog](http://nutritionalaesthetics.com/blog)  
[dermascope.com/](http://dermascope.com/)  
[dermalinstitute.com/us/library/articles.html](http://dermalinstitute.com/us/library/articles.html)  
[zizaidermatology.com/blog](http://zizaidermatology.com/blog)

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### *hormone health, natural wellness, nutrition*

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[larabriden.com](http://larabriden.com)  
[paleoforwomen.com](http://paleoforwomen.com)  
[sexyfoodtherapy.com](http://sexyfoodtherapy.com)  
[thewellnesswonderland.com/podcast-2](http://thewellnesswonderland.com/podcast-2)  
[organicolivia.com](http://organicolivia.com)

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## BOOKS

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### *holistic acne healing*

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Face It: Winning the War on Acne, Kyle Craichy

The Acne Answer, Marie Veronique Nadeau

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### *holistic skincare general*

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Beauty Pure and Simple: The Ayurvedic Approach to Beautiful Skin, Kristen Ma

Absolute Beauty: Radiant Skin and Inner Harmony Through the Ancient Secrets of Ayurveda, Pratima Raichur

Skin Cleanse, Adina Grigore

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### *hormone health, natural wellness, nutrition*

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Period Repair Manual: Natural Treatment for Better Hormones and Better Periods, Lara Briden

WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source, Alisa Vitti

The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days, Sara Gottfried

Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science, Claudia Welch