



# The Diva's Guide To An Acne-Free Life: One Girl's Journey From Zitty To Pretty

*Dawn Amador*

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The Diva's Guide To An Acne Free Life is about the author's journey of a decade long struggle with acne, and some of the solutions she discovered to help her lead an acne free life.

In the Diva's guide the author shares how she overcame persistent adult acne by following an anti-inflammatory diet, implementing the right supplementation, and using high quality organic skincare.

You will find easy nutritional tips to help control acne as well as learn about ingredients and treatments that can guide you to an acne free life.

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