



Radiant Skin from the Inside Out: The Holistic Dermatologist's Guide to Healing Your Skin Naturally

Alan M. Dattner

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Vibrant-looking skin is important at every age, and in every arena. And today, people are ready to accomplish this naturally, avoiding the risks of potentially harmful drugs whenever possible.

"Radiant Skin: From the Inside Out" presents a revolutionary new natural way of treating skin disorders, using the science behind conventional dermatology and the spirit of holistic healing. Clearing skin conditions by correcting their underlying disorders improves overall well-being, without collateral damage to your health.

Inflammation is a major cause of skin disease, and Dr. Dattner shares his experience and personal understanding of the science and lore about how to heal the digestive system, the organs of elimination, and the immune system, to reduce inflammation. He provides the tools to understand what leads to skin disorders and aging, so you can have a deeper knowledge from which to make choices about your health.

"Information packed and passionately written, expressing decades of professional experience, Dattner helps to open a new door to consumers who are seeking ways to enhance their skin's health naturally. Dattner is a pioneer in Integrative Dermatology, the use of natural methods to maintain optimal skin health and heal various skin disorders, many of which result from internal origins."

--Mark Blumenthal, Founder & Executive Director American Botanical Council, Editor-in-Chief, HerbalGram

"In a clear and engaging personal narrative, Dattner has intertwined his career in laboratory research and clinical dermatology to explain the comprehensive nature of holistic medicine and its application to our skin both in health and in disease. I recommend this engaging book which challenges us to reconsider some of our beliefs in clinical medicine and dermatology."

--Irwin M. Braverman, MD, Professor Emeritus of Dermatology, Yale Medical School

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