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The official website of Feed Your Face - the book from dermatologist Dr Jessica Wu about eating for beautiful skin.

[Feed Your Face: Younger, Smoother Skin and a Beautiful ...](#)

[Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days](#) Paperback Dec 20 2011, by Jessica Wu MD (Author) 4.7 out of 5 stars 4 customer reviews. See all 13 formats and editions Hide other formats and editions. Amazon Price New from [Feed Your Face Dr. Jessica Wu](#)

Dr. Jessica Wu Treatments Body Shaping Your Visit Shop [Feed Your Face Media Contact](#) [Feed Your Face](#). You truly are what you eat. I wrote [Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days](#) because dermatologists weren't paying close attention to how our diet affects our complexion. The guidance regarding skin care, health and nutrition in this book comes from

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[Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days](#) [Jessica Wu] on Amazon.com. *FREE* shipping on qualifying offers. Tired of wasting hundreds of dollars on expensive wrinkle creams, drying lotions, and zit-zappers that just don't work? Well listen up [Feed Your Face by Jessica Wu, MD - Read Online](#) Read [Feed Your Face by Jessica Wu, MD](#) for free with a 30 day free trial. Read unlimited* books and audiobooks on the web, iPad, iPhone and Android.

[Feed Your Face: Younger, Smoother Skin and a Beautiful ...](#)

Tired of wasting hundreds of dollars on expensive wrinkle creams, drying lotions, and zit-zappers that just don't work? Well listen up, ladies. To really get gorgeous, you've got to change the way you feed your face. Cosmetics companies, women's magazines heck, even most doctors will swear that food doesn't affect the skin. But celebrity

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Her Feed Your Face sets your beauty table with a 28-day diet plan that doesn't require needles, prescriptions, or cream, and with its help, you'll not only look better, you'll feel better. A board-certified dermatologist in Los Angeles, Wu (Univ. of Southern California Medical Sch.) is a frequent contributor to national TV shows and magazines.

Dr. Jessica Wu Dr. Jessica Wu

Dr. Jessica Wu Treatments Body Shaping Your Visit Shop Feed Your Face Media Contact Cart 0. Dr. Jessica Wu Treatments Body Shaping Your Visit Shop Feed Your Face Media Contact. Scroll . MEET THE DOCTOR WHY VISIT MY OFFICE BLOG . Hi, I'm Dr. Jessica Wu. I believe that every woman is a natural beauty. We all have assets that can be subtly enhanced to make us look and feel our absolute

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To really get gorgeous, you've got to change the way you FEED YOUR FACE. Cosmetics companies, women's magazines heck, even most doctors will swear that food doesn't affect the skin. But celebrity dermatologist Dr. Jessica Wu knows that's just not true.

Feed Your Face : The 28-day plan for younger, smoother ...

Each year the average woman spends hundreds of pounds on skincare products, only to be disappointed when the hype outplays the performance. Empowering women to break this cycle, Dr. Jessica Wu shares the secrets to transforming your skin from the inside out. Feed Your Face is an easy-to-use 28-day diet plan that will help you banish blemishes.

Feed Your Face: Younger, Smoother Skin and a Beautiful ...

In Feed Your Face she shares these nutrition basics so that others can benefit from her experience. Although there aren't a lot of clinical studies or trials (i.e. research) to support Dr. Wu's findings, she has found in her own practice that diet can really affect the appearance and health of the skin.

Dr. Jessica Wu

Renowned dermatologist Dr. Jessica Wu has been practicing cosmetic and clinical dermatology in Los Angeles for over 20 years. Every patient in our office receives personalized attention and care from Dr. Jessica

Wu herself, a Harvard-trained dermatologist,