

**Feed Your Face: Younger, Smoother Skin And A Beautiful  
Body In 28 Delicious Days**

**By Jessica Wu**

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Written by Dr Jessica Wu After For a flatter belly and smoother skin, try these lunch ideas from my book Feed Your Face:

<http://www.jessicawu.com/newsletters/what-to-eat-for-sexy-abs-and-smoother-skin>

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<http://jessicawu.com/newsletters/the-vitamin-that-tightens-and-brightens>

### **Book Review: Feed Your Face - PROJECT HERMOSA -**

Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days Jessica Wu, MD. Details 2011, 374 pages St. Martin's Press New York, NY ISBN 978-0

<http://www.projecthermosa.com/book-review-feed-your-face/>

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Read an Excerpt. FEED YOUR FACE Getting to Know Your Skin. A few years ago a young father of three came to my office with what he thought was a rash.

<http://www.barnesandnoble.com/w/feed-your-face-jessica-wu/1100560819?ean=9781250003447>

### **Feed Your Face Diet - BecomeGorgeous.com -**

Jessica Wu is a renowned dermatologist and the author of "Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days". This highly popular book

[http://www.becomegorgeous.com/fitness-diet/healthy\\_diets/feed-your-face-diet-A11133](http://www.becomegorgeous.com/fitness-diet/healthy_diets/feed-your-face-diet-A11133)

### **Eight tips to eat your way to healthy, glowing -**

author of Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days. advises Wu. This just in: Green

<http://www.chatelaine.com/health/diet/eight-tips-to-eat-your-way-to-healthy-glowing-skin/>

### **No Dairy = No Acne: The Conclusion | BeautyMVP -**

I wanted to test the theory in Dr. Jessica Wu's book, Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days, The no dairy diet was

<http://beautymvp.com/blog/?p=1345>

### **Feed Your Face: The 28-Day Plan for Younger, -**

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### **The Truth About Facial Serums - WebMD -**

dermatologist, and author of Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days, dermatologist Wu. "Allowing your skin to dry

<http://www.webmd.com/beauty/aging/beauty-smarts-serums-jan13?page=2>

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<http://feedyourface.com/about-book>

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### **What Are BB Creams? All About Beauty Balms -**

product you'll need after you wash your face," says steps taking care of her skin," says Jessica Wu, and a Beautiful Body in 28 Delicious Days.

<http://www.webmd.com/beauty/makeup/beauty-balms-bb-creams?page=1>

### **best-acne-medications.com: Feed Your Face: Younger -**

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### **The Doctors: Feed Your Face by Dr Jessica Wu: -**

asked Dr Jessica Wu, author of Feed Your Face: Younger, of Feed Your Face: Younger, Smoother Skin a Beautiful Body in 28 Delicious Days, to give

<http://www.recapo.com/the-doctors/the-doctors-beauty/the-doctors-feed-your-face-by-dr-jessica-wu-dairy-causes-acne/>

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<http://www.worldcat.org/title/feed-your-face-the-28-day-plan-for-younger-smoother-skin-and-a-beautiful-body/oclc/769471402>

### **Jessica Wu, MD - Homepage | Everyday Health -**

and the author of Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days. Dr. Wu skin care line, called Dr. Jessica Wu

<http://www.everydayhealth.com/authors/jessica-wu/>

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