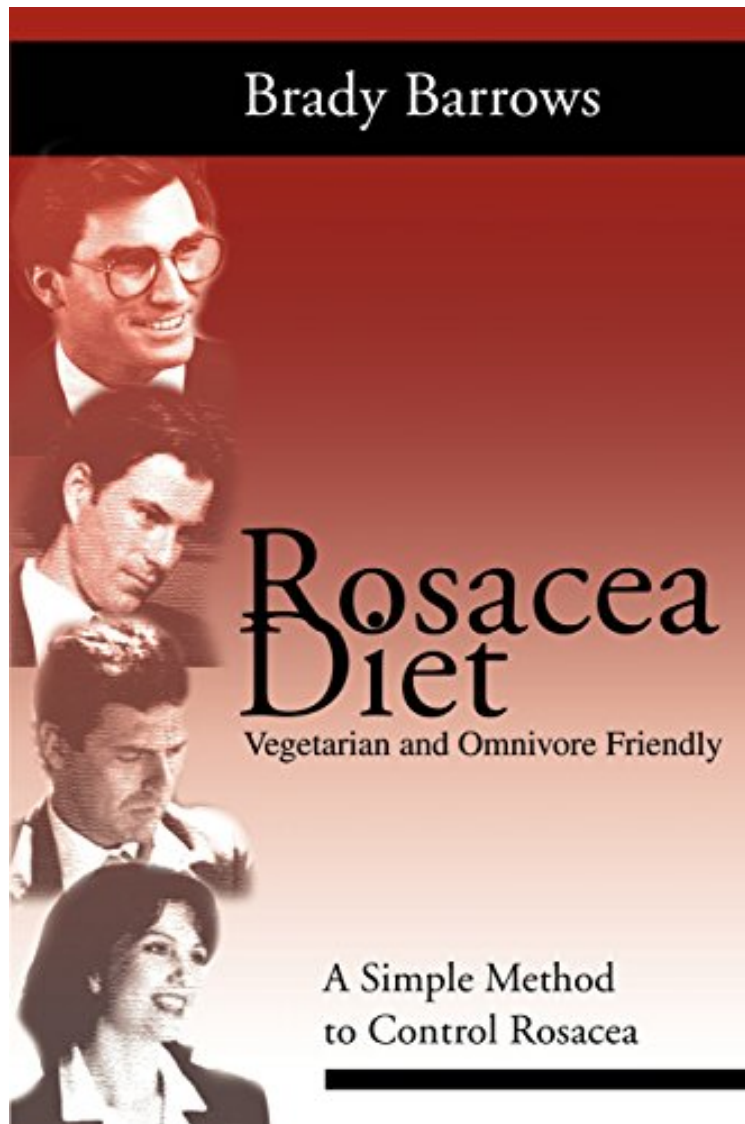


[Get free] Rosacea Diet: A Simple Method to Control Rosacea

## Rosacea Diet: A Simple Method to Control Rosacea

*Brady Barrows*

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**Brady Barrows : Rosacea Diet: A Simple Method to Control Rosacea** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Rosacea Diet: A Simple Method to Control Rosacea:

11 of 11 people found the following review helpful. The Rosacea Diet Works By C. Okopny My wife has rosacea and has been fighting it for many years, spending lots of money at the dermatologist's office. Due to another health issue she was not able to use some of the medications recommended. She read this book and decided to try the 30-day no-sugar trail diet plan. About 15 days into it, her face was no longer bright red - and she lost weight too! Like Weight Watchers, the Rosacea Diet is a life style change. So far, the diet is taming the rosacea symptoms and, as a side

benefit, has been helping her be a happier and healthier person. 2 of 3 people found the following review helpful.  
Rosacea By Lauree L. I found this to be one of the better books on this subject. It is thorough, covers the topic well, and the diet plan is clear and easy to follow. 1 of 2 people found the following review helpful. Great Product By JCGAVY Helped me immensely. I was able to identify my triggers and keep my condition under control. Be patient and let the book help you.

The Rosacea Diet is a thirty-day plan to control your rosacea. You must have tremendous will-power to use this diet but it works. The Rosacea Diet Users Support Group confirms that it works!

About the Author Brady Barrows (b. 1950 in Boulder, Colorado) was raised in Texas by his grandparents until age sixteen when he moved to California to live with his father and step-mother, who are also writers. He graduated from University High School, Los Angeles, California in 1968 and attended Santa Monica College in Santa Monica, California. In 1971 he moved to New Mexico and lived in the Jemez Mountains and became a hippie. There he met his wife Betty. A son, Jeremy, came along in 1973. By this time the family became Jehovah's Witnesses. Brady was diagnosed with Rosacea in his thirties in New Mexico. In 1994, he joined his wife as a full-time minister of Jehovah's Witnesses and volunteered to do construction work for the Watchtower Bible and Tract Society, Patterson Educational Center, in Patterson, New York for six months. They decided to stay on the East Coast, moving to Great Barrington, Massachusetts where they both currently reside. Rosacea Diet is the author's first book.