

Dairy-free = Acne-free, it's TRUE!

Anonymous ~ I have been on a dairy-free/egg-free diet for 2 months now and for the first time since I was 13 (that was over 20 years ago!) I am ACNE FREE. I kid you not. I could see an instant improvement on about day two of my diet. After a week or so the acne was just completely gone. And I feel GREAT - with tons and tons more energy. I've also lost 30 pounds. I thought I would miss all of my favorite foods but I've found so many wonderful new favorites and I look and feel so much better that I don't miss anything. If I had only known this 20 years ago... !!!!!