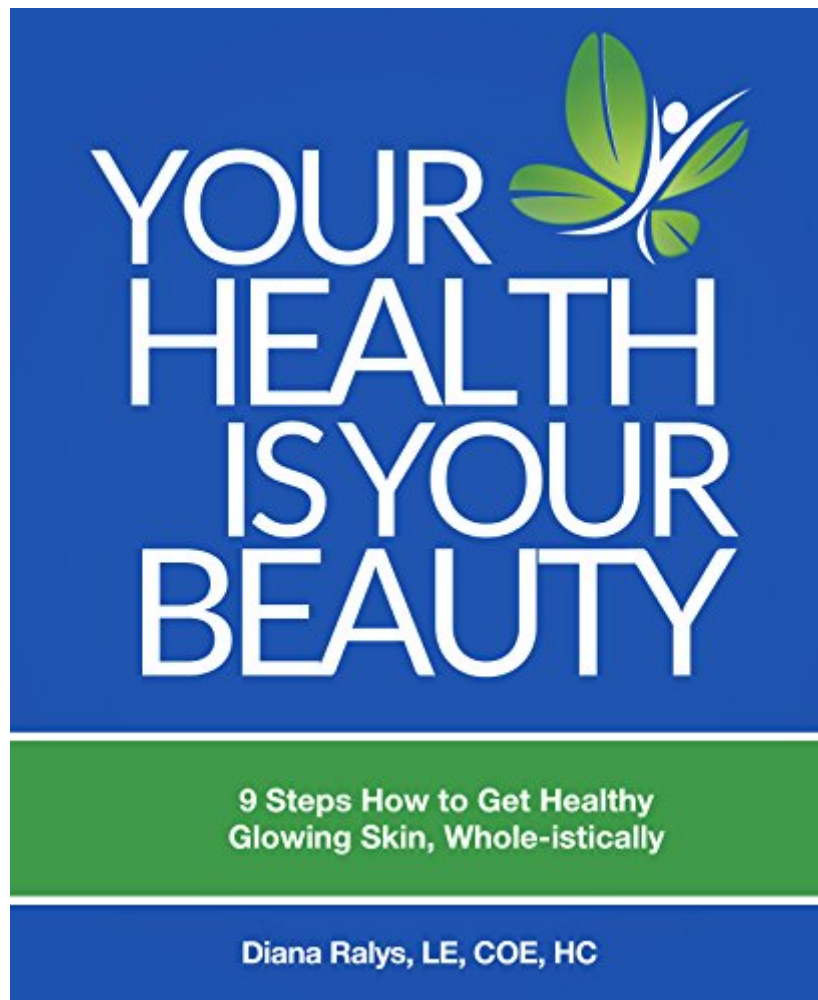




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# Your Health Is Your Beauty: 9 Steps How To Get Healthy Glowing Skin, Whole-istically



## Synopsis

Modern medicine divides the human body into parts and treats it all separately. In order to get a full body diagnoses, we have to make numerous appointments and visit numerous specialists. I do agree, the human body is a complex instrument. Doctors, medical professors, and scientists have my deep respect for their hard work and passion. It takes a very special person to dedicate endless hours to help others. I am happy to say, the number of health specialists, doctors, hospitals and clinics, that recognize the body-mind-nutrition connection are growing. Since the human body is a great system of closely connected organs, it must be seen and treated that way. Healthy glowing skin represents beauty and boosts confidence. There are many internal and external factors that make skin react up. For example, if someone has eczema that was caused by yeast overgrowth, also called Candida, prescribing steroid cream is not a solution. That would only solve the problem temporarily, and irritate skin even more in the long term. Another example: oral antibiotics and medicated topical products would not be a great solution for acne that was caused by food allergy or stress. It would only mask the symptoms for a while, but the problem would still exist internally. In fact, that would do more harm than good. It is crucial to find the cause of the problem. My purpose in writing this book is to empower you with knowledge that will help you make educated decisions not only towards achieving healthy skin, as well you will benefit with the byproduct of higher self-esteem and a more positive outlook. The secret to healthy skin is simple, but it requires your participation. I am confident that by reading this book, you will gain a stronger awareness and better understanding to make that participation exciting and successful. You will be glad you did.

About the Author Diana Ralys is a Licensed Esthetician, Certified Oncology Esthetician, Board Certified Holistic Drugless Practitioner, Advanced Reiki Practitioner and health coach. Today, Diana has over 30 diplomas, certifications and recognitions including a prestigious postgraduate degree at the International Dermal Institute. She is Founder and Owner of Diana Ralys Skin Health product line and wellness center in Santa Monica, California [www.DRskinhealth.com](http://www.DRskinhealth.com) Diana has won the 5 Star Award, "Talk of the Town Excellence in Customer Service" now for seven years in a row. Her speaking engagements emphasize Self-Love, Beauty Care and Empowerment. Diana has been featured in Day Spa Magazine, American Spa Magazine, Spa Wellness Mexicaribe Magazine. Nominated Eluxe Magazine "Sustainable Luxury Awards" and Martha Stewart "American Made Award". She has been featured in numerous blogs and online articles. Diana is also the co-author of the book Cheers to Health. Over a decade of active esthetics practice, endless research and education, Diana decided to write this book to share her expertise and insight with you.

Love and Gratitude to All

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It's rare to find someone who's passion and dedication for their craft earns them the acknowledgment of their peers as both an industry leader and pioneer. Diana Ralys is a true artist who pursues her calling for healing her clients with exceptional compassion and determination. In *Your Health Is Your Beauty*, Diana beautifully illustrates her depth of knowledge while outlining her comprehensive and wholistic approach to healing your body in a clear, digestible format. With a protocol that works wonders and delivers proven results, this is a must read for anyone interested in improving how they feel, both inside and out!

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