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June 3rd, 2020 - we recently talked to dermatologist dr whitney bowe about her book the beauty of dirty skin read our interview with her and why we think it s worth picking up a copy of the book in case you re too busy to read the whole book we also caught up with dr bowe to find out about diet and lifestyle changes you can make right now for immediate improvements in your gut health and therefore"the beauty of dirty skin the surprising science of

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March 13th, 2020 - a few weeks ago i was contacted and asked if i was interested in reviewing the beauty of dirty skin by whitney bowe m d i ve always been interested in taking care of my skin and even more so in recent years so it was easy to say yes'

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