



a non-surgical solution

## Can dairy products make my skin flare up?



Health expert Dr Graham Duncombe from Skin & Body Renewal responds:

"Dairy products can most definitely have a negative impact on the skin. Inflammatory skin conditions such as eczema, dermatitis, rosacea, psoriasis; and hormonal skin conditions such as acne and pigmentation are often linked to inflammatory damage to the gut lining.

To read full article: Diary Products