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The DERMAdoctor Skinstruction Manual: The Smart Guide To Healthy, Beautiful Skin And Looking Good At Any Age



Synopsis

The DERMAdoctor is in. And she's here to give an informed, friendly and practical answer to every skin care question you've ever asked! The DERMAdoctor Skinstruction Manual is the ultimate guide to radiant skin, anti-aging, health, beauty and beyond. Written by board-certified dermatologist Audrey Kunin, M.D., this is a hands-on, comprehensive guidebook to maintaining healthy, beautiful skin and looking great at any age. From embarrassing acne to pesky spider veins, age-revealing sun damage to tiresome under eye circles, Dr. Kunin has an effective, long-lasting prescription for it all. It's not just skin deep! The DERMAdoctor Skinstruction Manual goes beyond any other book on skin care you've ever read. In her trademark warm and witty tone, Dr. Kunin frankly discusses the countless skin conditions we've all had questions about including enlarged pores, rashes, discoloration, and more serious concerns like skin cancer and provides straightforward explanations about why and how they affect us all. But Dr. Kunin doesn't just explain the problem. This book is full of unique and useful advice for preventing skin problems before they happen, and repairing or reversing them when they do. From head to toe, The DERMAdoctor Skinstruction Manual is your indispensable guide to:

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Customer Reviews

Getting proper advice is the first step in having great skin, but finding truth amongst all the hype is easier said than done. Instead of relying on your favorite cosmetic counter or this week's magazine cover story, try starting with Audrey Kunin's The DERMAdoctor Skinstruction Manual; not only is it a great starting point for separating medical fact from pretty packaging, it covers nearly everything that

can ever happen to your skin, from teenage acne to post-menopausal dryness. Arranged alphabetically by topic, its design makes finding the information you need a breeze--and Kunin's casual, conversational style is enjoyably readable. If you've ever wished you could corner a dermatologist at a dinner party and ask about that odd little rash or bump that just won't go away, you'll love the tone. Along with clear explanations of a range of complaints, she provides an even broader range of possible solutions, including prescriptions to discuss with your doctor and simple over-the-counter remedies. Some are her own formulations; even more are not. Whatever the answer is to your problem, it'll be as practical as possible: None of those 19-step daily skincare routines here. With her background in non-surgical cosmetic dermatology, she's quite open to treatments (like Botox and steroids) that some prefer to avoid. At the same time, her medical background provides her with a solid research base that allows readers to feel that they're getting accurate answers to questions like, "Is mad cow disease communicable via collagen injections?" or, "What's the minimum SPF to look for in sunscreen?" Whether you're trying to prevent skin cancer, control psoriasis or keep on top of your complexion throughout the coming years, Kunin's detailed advice will help get the job done. Jill Lightner .com Exclusive Content Special Interview with Audrey Kunin, MD "I believe consulting with a dermatologist should be convenient, informative, and economical--that's why I moved my office online," says Dr. Audrey Kunin, a practicing, board-certified dermatologist, creator of DERMAdoctor Specialist Skin Care, and founder of DERMAdoctor.com® , where her focus has been to inform and educate customers on nonprescription treatments for conditions ranging from crow's feet, stretch marks and cellulite to rosacea, discoloration, bruising, male-specific concerns, and a far broader range of skin issues "rarely spoken of, and even less frequently embraced by cosmetics," she observes. .com contributor Jill Lightner spoke with Dr. Kunin, who shared some tips on how to discern fact from fiction when it comes to skin care advice, and how to make the most of your visits to the dermatologist. Read our interview.

Dr. Audrey Kunin is a practicing, board-certified dermatologist, the founder, president and chief medical advisor of DERMAdoctor.com® - a dermatology education and e-commerce site, and the creator of DERMAdoctor Specialist Skin Care. Dr. Kunin received her B.S. in Biology from Ohio State University and earned her Medical Degree at the Medical College of Ohio. She worked as a clinical researcher at Tulane Medical School and interned at Henry Ford Hospital in Detroit. She completed her postgraduate training in Dermatology at the Medical College of Virginia, where she served as Chief Resident. Dr. Kunin has been a featured expert in leading media including InStyle,

Allure, Glamour, Health, W, Good Housekeeping, WebMD, U.S. News & World Report, as well as local and national television and radio news networks. Dr. Kunin lives in the Kansas City area, with her husband and two young children.

This book was written before Dr Kunin started her own skin care line (which is absolutely skin transforming BTW) and it goes FAR beyond simplistic skin care advise. I learned a tremendous amount about taking care of my skin and science-based explanations about how and why products work. I consider myself very well educated about makeup and skin care but I learned something new every chapter of this book even though it is not a new edition. This book is still the first one I go to for reference. Her products are the HG of skin care for me and even though this book is a tad old, it is still relevant.

Very helpful! Quite pleased to say the least.

Become a skincare expert at home with this book.

I can't give it a five, because she does plug her own products. But having a mini-encyclopedia of skin diseases and conditions is a great thing. I wish I had purchased a book like this a long time ago. I have a dermatologist, but she doesn't take the time to really explain, in plain English, what is happening and why. The Dermadoctor does that for the kind of condition that you might seek help for (acne, eczema, hair loss, psoriasis) and also for somethings that we may not immediately seek help for, such as cellulite, cold sores, chapped lips, hives, and dandruff. This isn't a book to read front-to-back, but if you are into healthy skin, I really think this is a great book to have around the house.

For me I enjoy reading up on skin care especially since I've battled with acne for the past 5 or so years. I recently figured out what I need to do after reading Breaking Out which I highly recommend if acne is your issue however this book covers lots of topics and makes a variety of product recommendations and in my opinion is a first line of defense before calling up the dermatologist. I think it's probably a good book to have around the house because so many things can happen to the skin it's good to have solid medical info at your finger tips. I would suggest buying more detailed books for certain topics that are of great interest because that is not the focus of this book.

This book in question is a masterpi...well not quite. It is a very basic book. This would be a great gift for a teenager. Or it would be a quick fun read for someone who knows nothing about skin care. Just like every other book out there written by an expert explaining to non educated people. Do not take that offensively. It's just a very basic book. Nothing fancy. But if you know nothing about skincare you'll learn from this book. If you know the basics, then it's a quick read. Entertaining as it is written by a woman who is bubbly. She is not serious at all, just fun to read.

This book has some interesting superficial information about certain skin problems, but every time she suggests products for an affliction, she lists only her own product line, with the occasional prescription product thrown in. (Oddly enough, she often finds her own concoctions better, stronger, or less damaging [pick your adjective] than the prescription products--and forget any of those worthless skincare products you can pick up in department stores.) If you're just learning about different skin conditions, this book may be mildly helpful; but if you're a long-term acne sufferer, or fighter of wrinkles, you've most likely heard all this information from the plethora of skincare commercials already out there. The next time I buy a book about dermatology, I'm going to look for an author who doesn't have his/her own skincare line to plug.

I might buy the book. Here are my stats. I buy a lot of products at ummm author's website? Weird that I haven't seen her book there, but it probably is. I can't remember how I happened on the site. Prob looking for an answer to something. First there are other great products there besides her own. Well, I read all the information on a life long problem I have with the scalp. I have never read such an informative and all inclusive source of information in my life!! I am in the health care profession. I could tell she knew what she was talking about. In my case bottom line was diff things work for diff people and you just have to keep trying to find the one and she named the products, not all her own and not all on the website but they had at least one kind of each thing she named ,well I trusted my instincts and ordered 2-3 diff shampoos and rinses. One of the shampoos **WORKED!!!** After 40+ yrs I shampooed my hair and the horrible "killer" dandruff that could only be cleared up for a short length of time by huge shots of cortizone at my dematologists office and applications of liquid 3 times a day, was gone!! zitto, I was in disbelief, of course I have to use this shampoo routinely but it doesn't take much and it isn't expensive and you don't have to use another shampoo, this one does it. One conditioner didn't break me out or cause the __(*&^ to come back and it was in a diff product line. Also a **FIRST** for me even though I have tried every one out there for decades, so if you don;t know whether to buy the book or not just go read the information

there. he he. I think I will buy the book just so I can read it in bed. Esp since I am getting older and want the best for my skin which I have kept out of the sun!! I wrote this just in case there is just one person it helps!! cos it was a miracle for me!! Also as it turned out the shampoo tht worked was one of her products but her rinse didn't but another rinse did that was in her recommendations, remember I got them all and IT WAS WORTH IT. cost less than one Dr app. he he. Best to all.

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