



THE MINDQUEST REVIEW OF BOOKS

Noteworthy Books

Recommended & Reviewed

Unlocking the Mystery of Skin Color

By Thienna Ho, Ph.D.

Subject: Dr. Ho's scientific nutritional research provides readers and opportunity to lighten natural complexion, reduce skin blemishes, restore sun-damaged skin, reduce skin yellow cast, and treat many more skin problems with diet and lifestyle. Dr. Ho has a Ph.D. in Scientific Nutrition, and many study credits in chemistry, biology, and molecular biology.

Noteworthy: The book has 83 pages of appendix including a skin color scale, carotenoids (color pigments) and cyanogenic glycosides (capable of producing hydrogen cyanide) in common foods, and extreme acrylamide (toxic compound) in 150 foods. Vitamin A & Iron contents are listed and much more. A unique, source for solving skin problems and better health.

Details: Thienna Inc., 236 West Portal Ave., #511, San Francisco, CA 94127. 288pg., \$64.96. ISBN: 9780979210303. Thienna@thienna.com.
www.thienna.com