



# Healthy Skin (Young Adult's Guide to the Science of Health)

*Rae Simons*

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## **Healthy Skin (Young Adult's Guide to the Science of Health)** Rae Simons

Guess what? The body you have now is the only one you'll ever get. That means the same body you have now is the one you'll have when you're thirty—and fifty—and seventy. If you want to keep your body well and strong for a long time, you'll need to take care of it...and keeping your skin healthy is an important way to protect yourself against infection, disease, and aging. Your skin is the interface between your body and the rest of the world. Its nerve endings bring you important messages; it protects your delicate internal organs; and it forms a barrier against harmful substances. What's more, your skin performs functions that are essential to your entire health. And all the while, it's right out there where everyone can see it. Short of hiding inside a big paper bag, there's not much you can do to keep the health of your skin a secret. This book will give you information you need to for your skin ...by practicing good hygiene that will guard your skin against diseases and infection. ...by protecting yourself from the sun's damaging rays. ...by helping you cope with acne and other skin disorders. If you take care of your skin, you'll be taking care of yourself—for the rest of your life!

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