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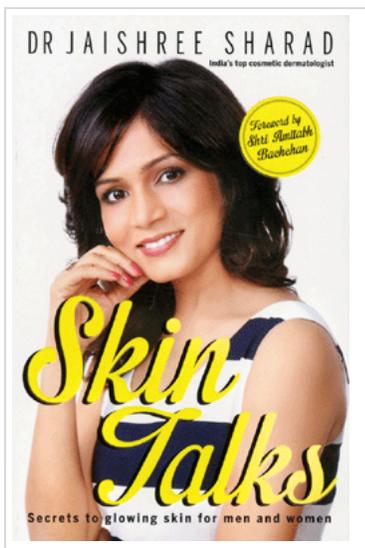
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## Bookworm

### Book offers tips for healthy, glowing skin



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Staff Reporter  
New Delhi Oct 14

**A**part from healthy diet and lifestyle and regular exercise, learning to deal with stress, being confident and flexible, and a smile are very much essential for a glowing skin, says a new book by a leading cosmetic dermatologist.

In "Skin Talks", Dr. Jaishree Sharad shares secrets for glowing skin for men and women.

For glowing and healthy skin, one has to have a diet rich in proteins, high fiber, antioxidants and low glycemic index; exercise for about 30 minutes; have regular sleep; and practice stress busters activities like yoga and meditation, she advises.

"This book is an attempt to bust myths about skin care and guide you towards healthy, glowing skin. It will make you realise that anyone and everyone can protect their skin against the ravages of age and time, with the right battle plan," she says.

According to the author, India's greatest obsession is with a fair complexion.

"Social commentators and psychologists have long debated and theorised why a country of beautifully brown people is so hardwired in its abject devotion for all things fair. Here fairness is a culturally and socially driven criterion for success: be it for careers or marriages, to even social acceptance and popularity, especially in the case of girls," she writes.

The book, published by Random House India, is an easy and practical approach to skin care, home remedies, anti-aging and prevention of common skin problems.

It has a foreword by Amitabh Bachchan.

"One of the first duties of the physician is to educate the masses. This book does just that.

"The book is a tool you can use to help you achieve the level of health and well-being through healthy skin that will make you a happy and more confident person. I am certain you will be inspired and benefit tremendously by its contents," the megastar writes.

The book was launched in the national capital last weekend at Bliis by Ravissant. Those present included actor Ranbir Kapoor's sister Riddhima Kapoor Sahni and Bollywood singer Shalmali Kholgade of 'Main pureshaan' fame.

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