

Melissa Gallico

Foreword by Stephen Harrod Buhner

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Paperback: \$16.99, 272 pages, 6 x 9

Also available as an ebook

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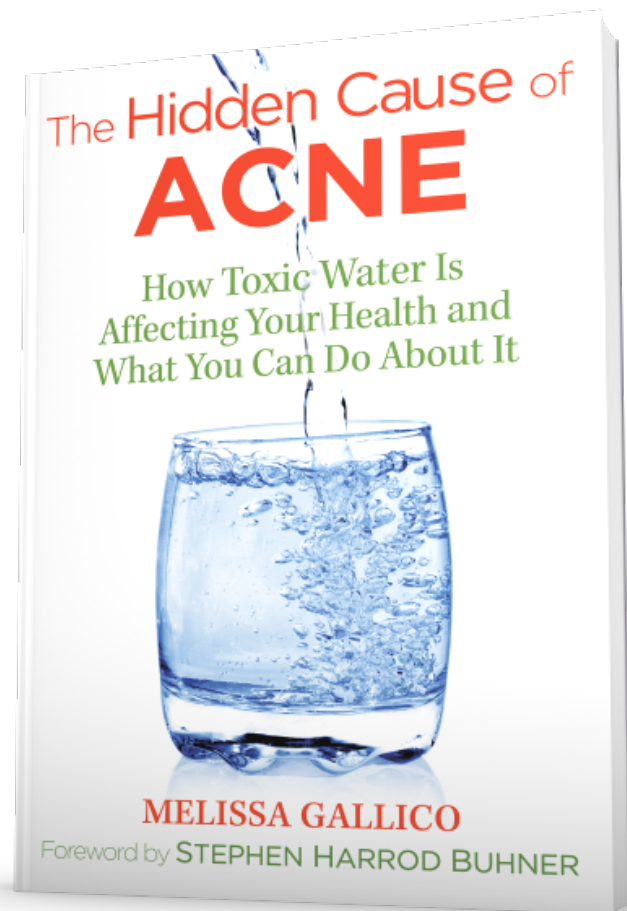
Melissa Gallico is a former military intelligence officer, Fulbright scholar, and intelligence specialist at the Federal Bureau of Investigation (FBI) where she instructed classes for FBI analysts at Quantico and provided support for national security investigations. She graduated with honors from Georgetown University with a major in science, technology, and international affairs (STIA). She also has a masters degree in international security from the University of St. Andrews in the United Kingdom. *The Hidden Cause of Acne* is her first book. She lives in South Florida.

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Stephen Harrod Buhner is the award-winning author of 20 books, including *Healing Lyme*, *Plant Intelligence and the Imaginal Realm*, and *Ensouling Language*.



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Book Bio

Using her FBI intelligence analyst skills, Melissa Gallico identifies fluoride as the root cause of the modern acne epidemic. Chronicling the existing acne research, she reveals where each study went wrong and what they missed. She also shares her personal 20-year struggle with severe cystic acne and explains how her travels around the world and her intelligence work helped her pinpoint exactly what was causing her treatment-resistant flare-ups—fluoridated water, foods, dental products, and the systemic build-up of childhood fluoride treatments. She details how to avoid fluoridated foods and beverages and explains how sources of fluoride work their way deeply into our daily lives through water as well as fluoride-based pesticides, pharmaceuticals, and common household products. Offering a guide to freeing yourself from persistent adult acne, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed.

TESTIMONIALS



"I've been spared a possible lifetime of agony and I just wish every acne sufferer knew there is a solution."

—**Jennifer Cramer, California, USA**



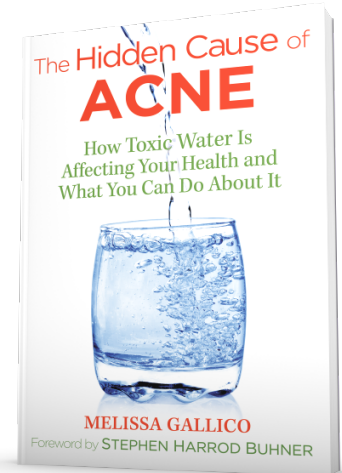
"After six months my skin finally started to look pretty damn awesome."

—**Amy Saunders, United Kingdom**



"I have eliminated about 95% of the fluoride in my diet and my skin is perfectly clear. I am in control of my acne."

—**Lauren F., Minnesota, USA**

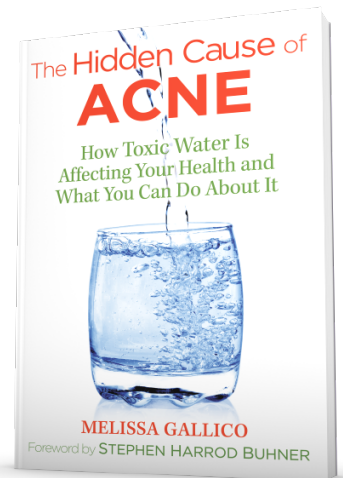


"This is an area that deserves rigorous clinical investigation." —**Hardy Limeback, D.D.S., Ph.D., head of preventive dentistry at the University of Toronto (ret.) and past president of the Canadian Association for Dental Research**

"As Gallico's riveting personal story attests, public water fluoridation is, in essence, a hazardous waste management tool that is damaging our health in ways we have yet to fully comprehend." —**William Hirzy, Ph.D., senior scientist at EPA (ret.) and past president of the EPA Union of Professional Employees**

"Fluoride sensitivity (including dermatological, endocrinological, gastrointestinal, and other effects) has been in the medical literature for decades, unrefuted, and deserves the wider awareness that Gallico's work will bring." —**Kathleen M. Thiessen, Ph.D., senior scientist at Oak Ridge Center for Risk Analysis and co-author of the National Research Council's 2006 report Fluoride in Drinking Water**

Target Audience



WHO SHOULD READ

- adults with acne
- teenagers with acne
- concerned parents
- dermatologists and aestheticians
- holistic health practitioners
- ancestral diet advocates
- natural living enthusiasts

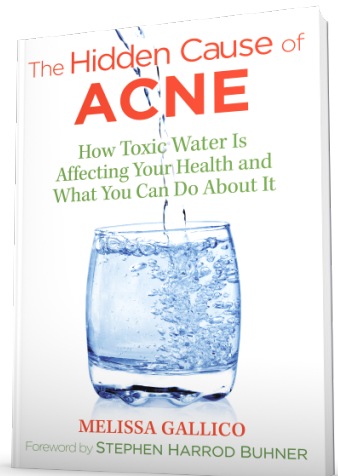
BOOK BENEFITS

- holistic remedy for acne
- all natural skincare
- toxin-free living
- organic, traditional foods diet
- green beauty
- mind-body approach



Book Excerpt

From the Introduction: The Story of Acne



Every story has a storyteller. Like a musician conjuring a new piece of music into existence, it is the storyteller who decides who the main characters will be, where the story will start, how it will end, and every detail in between. The storyteller is responsible for deciding which storylines to pursue, which to disregard, and which will be overlooked entirely. In most cases, a story has multiple storytellers whose voices weave together in a cacophony of overlapping assertions and ideas. It is up to the audience to decide which version to retell.

The story of acne commonly told today goes something like this: when your pores become clogged with dead skin cells and other debris, they trap oil and bacteria in your skin causing an infection in the form of a breakout. The story has variations. Sometimes hormones are involved, sometimes they are not. Sometimes genetics are involved, sometimes they are not. Sometimes diet is a trigger, but everyone is different. One aspect shared by these acne stories is the lack of a happy ending—there is no cure for chronic acne, only ongoing treatment.

With the story of acne, the dominant storytellers are dermatologists. As physicians who specialize in disorders of the skin, dermatologists pull their main characters from the pages of their textbooks: pores, skin cells, sebum (oil). The farther away a character is from the skin, the less likely a dermatologist is to include it in the story. Their heroes are chosen from the typical doctor's bag: creams, pills, needles. The antagonists are the villains *du jour*: dirt and bacteria. Dermatologists draw on statistics from the stage as they set it. According to the American Academy of Dermatology's "Acne Stats and Facts" webpage, "85 percent of people between the ages of 12 and 24 experience acne." Is that 85 percent of young people everywhere, or 85 percent of certain young people from a certain time and place?

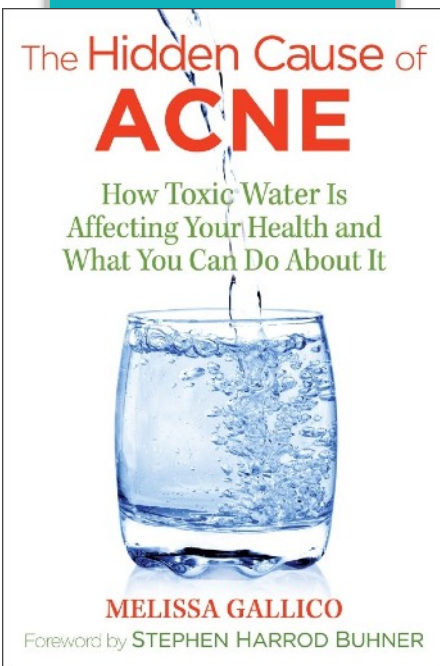
Another major voice in the acne story is the commercial skincare industry. Together with dermatologists, they are busy researching products and treatments to cure acne and capture a portion of the \$120 billion global skincare market. But for a treatment to be profitable, it must be capable of being bottled and sold or administered in a doctor's office. The standards are even higher for the biggest source of funding in acne research: the pharmaceutical industry. If it can't be patented, what's the point?

But what if the cure for acne cannot be bottled, sold, administered, or patented? Would we ever find it? If the main characters are not present on the surface of the skin or even listed on an ingredient label, would we ever notice them?

Interview Questions

- 1 How did you figure out that fluoride causes acne?
- 2 How common is acne caused by fluoride?
- 3 If fluoride-induced acne is so common, why haven't dermatologists figured it out yet?
- 4 What is the best way to know if your acne is caused by fluoride?
- 5 Is it possible to completely heal acne?
- 6 Why is fluoride added to water?
- 7 Where does the fluoride added to water come from?
- 8 How can you tell if your water is fluoridated?
- 9 What are other common sources of fluoride exposure?
- 10 Does organic food contain fluoride?

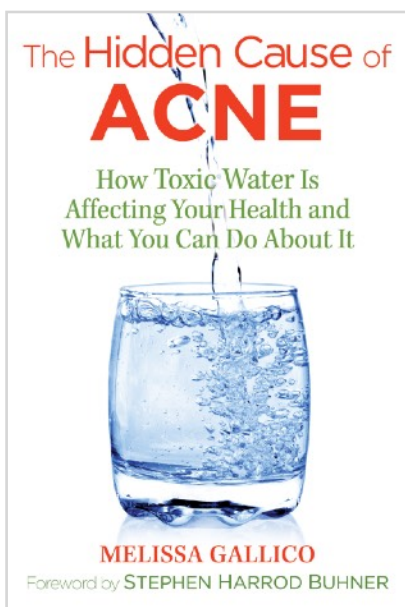
STORY IDEAS FOR THE MEDIA:



- ◆ **Fluoride and Acne:** How to identify, heal, and prevent acne caused by fluoride
- ◆ **Surprising Sources of Fluoride in Your Diet:** Foods that can be unexpectedly high in fluoride, and why (i.e. chicken soup, wine/beer, cereal, tea)
- ◆ **What the Paleo Diet Gets Wrong About Acne:** How paleo researchers narrowly missed identifying the root cause of acne as fluoride
- ◆ **Acne as a Disease of Western Civilization:** Why people in traditional societies like the Kitavan Islanders don't experience acne, but Americans do
- ◆ **Clues Your Acne is Caused by Fluoride:** Common indicators of fluoride toxicity, including dental fluorosis and changes in the severity of acne when traveling ([learn more](#))
- ◆ **Fluoridation as a Pollution Story:** The little-known pollution scandal behind public water fluoridation, as told by a former FBI analyst
- ◆ **Fluoride and Non-Toxic Living:** Avoiding excess fluoride exposure from fluorinated chemicals and pharmaceuticals as well as dietary sources
- ◆ **Detoxifying Fluoride with Iodine:** How to displace fluoride stored in bones and other tissue through nutrition and the careful use of iodine
- ◆ **The #1 Suspect Behind Raisin Toxicity in Dogs:** An intelligence assessment that proposes fluoride-based pesticides have been killing dogs around the world since 1989 ([learn more](#))

DOWNLOADABLE PHOTOS

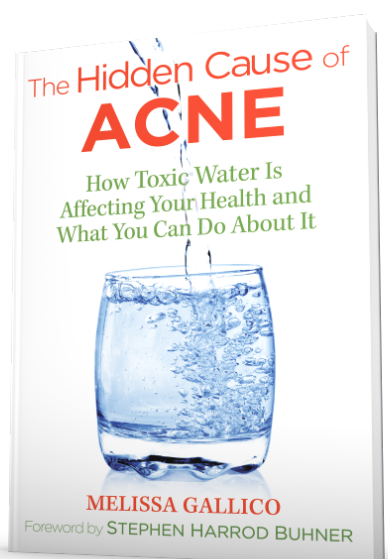
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