

New Book Reveals Ways to Enhance and Alter Skin Color

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SAN FRANCISCO, Calif., Nov. 30 (SEND2PRESS NEWSWIRE) – The old adage that “beauty is only skin deep” is true, but diet and lifestyle make it possible to change the skin’s color, if so desired. “Unlocking the Mystery of Skin Color” (ISBN: 978-0-9792103-0-3), a new book scheduled to be released by Thienna, Inc., in mid-December, provides tips on how to control and to change the skin’s color.

On Sunday, December 16, 2007, at 5:00 p.m., in the basketball gym of San Francisco State University, Author Dr. Thienna Ho will announce the book’s launch and have a question and answer period.

Dr. Thienna explains that skin color is not permanent; it can be changed, to a remarkable degree, without the use of toxic drugs, chemicals, or steroids.

According to Dr. Thienna, this incredible method is not new. It has taken thousands of years of dietary practices and traditions to create the diversity of skin colors we see in the world today; they are changeable through the use of those same elements.

“Unlocking the Mystery of Skin Color” reveals age-old traditions that led to the development of the lightest complexions, such as those seen in Northern Europe and Japan.

“This book will teach people how to use diet and lifestyle to control their own skin color,” Dr. Thienna says.

Readers will learn how to lighten their complexion, not only on the face, but all over their body. They will also be given tips on how to even out complexions, reduce visible age and sun spots, and eliminate hyper-pigmentation.

Sun damage is always a concern. Tips for restoring sun-damaged, dull, and darkened skin to a youthful and healthy luster are revealed.

What about trouble areas such as the knees and elbows? These areas require extra attention and natural color can be restored to skin that is ashen or gray.

If a yellow hue is cause for concern, there are ways to noticeably reduce the cast and maybe even achieve a natural tan complexion.

The book also addresses a variety of popular questions that include: Why do the poorest countries have people with the darkest skin? Why do some African-American celebrities seem to grow lighter over time? Why do people tan even when they do not go out in the sun?

Dr. Thienna has written a book that promises to deliver results, no matter what the skin color.

The author was born in Saigon, Vietnam three months after Viet Cong forces attacked the city during the infamous Tet Offensive. Eleven years later, Dr. Thienna and her family fled communist Vietnam in a 50-foot wooden boat that carried 285 passengers. On its way to Indonesia, the vessel was attacked by pirates on numerous occasions. Less than one year later, Dr. Thienna's family immigrated to the U.S. and settled in San Francisco.

Dr. Thienna is founder of Thienna, Inc. and is one of the world's leading authorities on human skin color. She holds a number of academic degrees, including a BA in Economics; a BS in Microbiology; a Graduate Certificate in Genetic Engineering; an MA in Business Administration; and a Ph.D. in Scientific Nutrition. She also has performed significant additional study in the fields of chemistry, biology, and molecular biology. At the age of 27, Dr. Thienna started a small business that has blossomed into a million-dollar success.

Where to find the book? Visit: www.thienna.com; or call 415-829-3936.

DISCLAIMER: The Food and Drug Administration (FDA) has not evaluated these statements. The products discussed in this book are not intended to diagnose, cure or prevent any disease.

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