Dig Deeper links:

Acne, dairy and healthy skin:

<https://www.pcrm.org/news/exam-room-podcast/clear-skin-and-your-diet-acne-wrinkles>

<https://www.pcrm.org/news/exam-room-podcast/can-vegan-diet-improve-your-skin>

<https://www.medicalnewstoday.com/articles/219601>

Dirty dozen and clean fifteen:

<https://organic.org/the-dirty-dozen/>