



Author | Speaker | Dermatologist

Rajani Katta MD

Signature Topics

How To Treat Your Skin Right: The Skincare, Food, and Lifestyle For Your Best Skin

As an expert in preventive dermatology, Dr. Rajani Katta knows the importance of the right skin care products, food, and lifestyle choices. From strengthening your skin barrier, to defending your skin from free radical damage, to rejuvenating your skin, the right choices can help you achieve your best skin.

Skin Saving Foods: Translating The Science to the Dinner Plate

We now have fantastic research that explains, down to a cellular level, how the foods you eat can impact your skin.. Learn how the right foods can combat the skin-aging processes of oxidation, inflammation, and glycation.

Learn how herbs, spices, power fats, power carbs, prebiotics, probiotics, and antioxidant-rich foods can promote youthful, glowing skin.

Biography

- Dr. Katta is a board-certified dermatologist, author, professor, and nationally recognized expert in preventive dermatology.
- Certified in Culinary Medicine
- Author of the bestselling "Glow: The Dermatologist's Guide to a Whole Foods Younger Skin Diet"
- Author of 7 books and over 80 articles in medical journals
- Currently serves on the Volunteer Clinical Faculty of the Baylor College of Medicine and the McGovern Medical School
- Her advice on skin care and diet has been published in many magazines
- She has been interviewed as a dermatology expert on the ABC, CBS, Fox, NPR, and NBC networks

Featured in

The New York Times Health *The Atlantic*

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