





## **This is Not a Review Or a Free Report!**

This document is a "leaked pages (*page 1-41*)" of the actual **Skin Whitening Forever** main manual by Eden Diaz, so that you know THE FACTS and THE TRUTH of what you will get if you decide to make a purchase.

If after reading this document, you feel that the whole information within **Skin Whitening Forever** will be helpful to achieve your goals...

[Click here](#) to get the complete version + bonuses.  
(or use the download button on the last page of this document)

# ***Skin Whitening Forever***

## **Trademarks**

All terms mentioned in this digital book that are known to be trademarks or service marks have been appropriately capitalized. The publisher cannot attest to the accuracy of this information. Use of a term in this digital book should not be regarded as affecting the validity of any trademark or service mark.

## **Warning and Disclaimer**

Every effort has been made to make this digital book as complete and as accurate as possible, but no warranty or fitness is implied. The information provided is on an “as is” basis. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damages arising from the information contained in this digital book.

The contents of this digital book is based upon research conducted by the author and is being presented to you for educational purposes only. The contents of this digital book is not intended to diagnose or prescribe for medical or psychological conditions nor to claim to prevent, treat, mitigate or cure such conditions.

No attempt is being made to provide diagnosis, care, treatment or rehabilitation of individuals, or apply medical, mental health or human development principles, to provide diagnosing, treating, operating or prescribing for any human disease, pain, injury, deformity or physical condition.

The information contained in this digital book is not intended to replace a doctor or qualified health care professional. This information is not intended as medical advice, but rather a sharing of information from the research and experience of the author. The publisher and the author encourage you to make your own health care decisions based upon your research and with the help of a qualified health care professional.

It is also highly recommended that you consult with a doctor or qualified health care professional before using any methods, third party products or anything mentioned in this digital book even if you are 100% fit. You must also consult with your doctor or qualified health care professional on the right dosages (if applicable). Any dosages mentioned in this digital book are purely indicative and might not be the proper dosages for your individual case.

The content of this digital book and these statements have not been evaluated by the Food and Drug Administration (FDA) or any other medical organization. The content of this digital book is not intended to diagnose, treat, cure or prevent any disease.

**Moreover, by reading this digital book, you CONFIRM that you have READ, UNDERSTOOD and ACCEPTED fully (without any exceptions) our “Terms & Disclaimer”.**

# ***Table of Contents***

Introduction.....	9
Skin and Color .....	14
Genetics and Skin Color.....	17
Six Main Types of Skin Color .....	19
Geographical Variations .....	20
Melanin and Uneven Skin Pigmentation .....	22
Typical Skin Whitening Agents.....	28
Home Made Skin Whitening.....	39
The PiPuPa Skin Whitening Method .....	42
The PiPuPa Skin Whitening Method as a Peel-Off .....	45
The Chamomile Method .....	47
The Magic Natural Whitener.....	49
Cleopatra’s Milk.....	51
Papain All The Way.....	54
Skin Exfoliating & Dark Spots Removal with Papain.....	56
Treating Acne & Acne Spots .....	58
Maintaining Moisturized Skin.....	59
Important Points About Skin Whitening.....	60
Foods For Natural Skin Whitening .....	64
Conclusion .....	69

# ***Introduction***

## Introduction

Self-esteem is a word that speaks to the way we perceive ourselves. Yet there is so much more to this word than one can imagine. In our everyday lives, outside forces and decisions we make affect us on a personal level. While making plans for daily events and being prepared for the unexpected are factors we consider, we very seldom think about how these actions and decisions will affect our self-esteem. Subconsciously they affect us greatly.

Our self-esteem is an intrinsic part of our very psyche. It can help us grow as individuals or it can hamper our emotional and mental well being from the inside.

This is the story of how my life began. I was born with dark brown skin and lived most of my youth unaware of the problems my skin color was eventually going to cause me.

My mother is Caucasian (White). She is originally from the UK and met my father while on holiday. She fell in love with him and they quickly married and she moved to Jamaica.

A year or so later, I was born; a tiny 6lb baby girl with dark brown skin. Even though my mother was as white as can be, I took on the physical characteristics of my darker father.

It did not take long before I had a younger sister. She, unlike me, resembled our mother with skin as white as snow.

My sister and I grew up to be very close. Apart from the difference in our skin color, we were like twins; same height, same look, and a very similar personality.

Years went by fast and somewhere in my teenage years I started noticing a trend. My sister was having more success than me in everything she did.

I loved my sister, but was mystified as to how she found a summer job as easy as 1...2...3... while I searched for a whole month and found only closed doors.

And why was she dating her 2nd boyfriend while I had never ever been asked on a date?

Long story short, one day I found an article that opened my eyes and answered all my questions. It stated that:

**“White People have all the advantages in the world; they get jobs easier, earn the highest salaries and attract more handsome partners.”**

Those words hit me hard. Having grown up with a Caucasian sister I knew deep inside that they were true.

From that day forward, I started using skin whitening products on a daily basis. I tried skin whitening lotions, creams, pills, soap,

bleaching gels, and many other products. Unfortunately, I didn't have too much success.

Finally, my dermatologist prescribed a product that was pretty effective – my skin color was getting whiter with each passing day and I was very happy with the results.

Then, a few weeks later, I noticed that while my skin was getting whiter, it was also getting dryer. Patchy spots got bigger and I started to notice severe skin pigmentation – which made my problem even worse!

While walking down the street, people actually looked at me in disgust as they scurried as far away from me as they could. Boy did that hurt.

I tried to blend the spots to my natural color with makeup, but people could still clearly tell something was odd with the way I looked.

The shame of having people look at me kept me isolated in my house. I felt ugly, sad, and insecure.

The worse part about it was that it seemed like I was the only person on the planet who had this problem. Everywhere I looked, I saw girls (and guys) with practically flawless, smooth skin.

Just when I was about to give up, I started researching skin lightening treatments. I searched traditional remedies to the latest skin whitening solutions available today.

After years of research, I'm happy to say I finally found a skin whitening solution that I call nothing short of magical. What was even more exciting was to find out that I could lighten my skin tone for mere pennies!

**It is highly recommended that you read this book in full, or a few times if needed. Only then can you take full advantage of the advice it gives.**

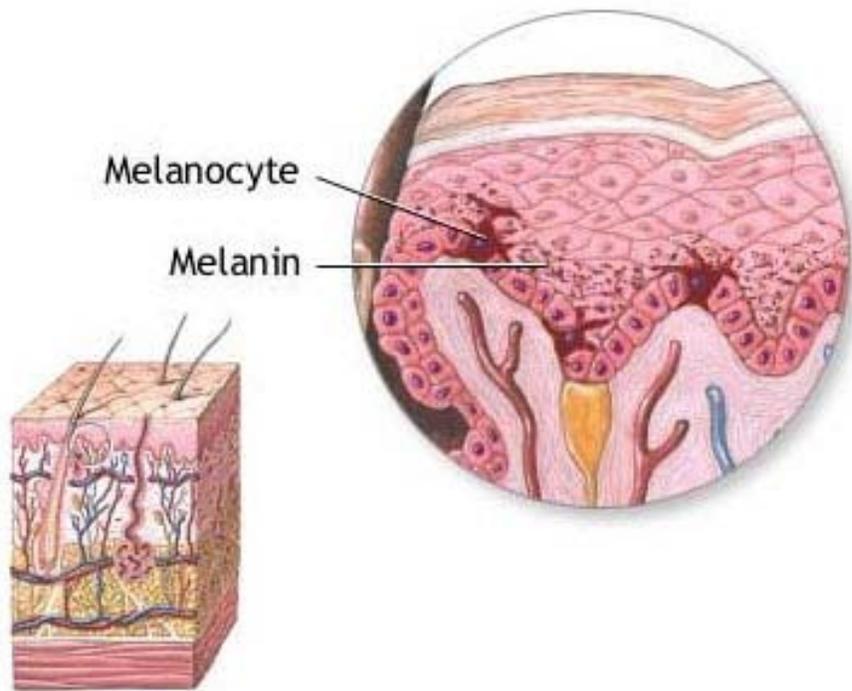
# ***Skin and Color***

## **Skin and Color**

In order to understand why discolorations or uneven color appear at all, it is necessary to understand the process through which skin is colored. There are three main factors which contribute to skin color. Melanin is the most important factor that determines skin color. Then there is carotene. Finally, blood vessels present in the skin cause color. The presence of each of these factors, in greater or lesser quantities, influences the color of the skin.

Thus, the more melanin that is produced by the melanocytes, the darker the skin will be. If there is more carotene present in the body, the more yellowish the skin will be. A great example to help with the understanding of skin color is a suntan. The melanin's role is to prevent the UV rays of the sun from causing burns or damage to the skin. When the skin is exposed to solar rays, more melanin is produced to counterbalance its harmful effects. With time, the cells containing more melanin than normal are pushed to the surface of the skin where they are cast off.

The difference between certain types of skin color is mainly caused by the production of melanin. Black people's skin produces more melanin, while Asian skin contains more carotene. For that reason it displays the yellowish hue. People suffering from albinism have skin that does not produce any type of melanin. This causes the skin to remain white, sometimes with pink shades because of the blood vessels showing through.



## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

