



Dermatologist in Newport Beach Posts New Blog Suggesting Three Foods That Promote Healthy Skin

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Newport Beach, California ? A well-known dermatologist in Newport Beach recently used her blog to offer skin care tips to her readers. Stefani Kappel, MD listed three of the best foods to eat to keep one?s skin looking and feeling healthy.

Dr. Kappel notes that everyone wants healthy skin, but sometimes they are not sure of the best ways to achieve that goal. Not surprisingly, the foods are all healthy foods including avocados, fish, and sweet potatoes. She further offers a few other alternatives for those who have allergies or simply do not care for those foods.

In her blog at www.stefanikappelmd.com, the dermatologist in Newport Beach seeks to provide professional advice concerning common cosmetic procedures. She wants her blog to be a place where people can go to find expert information regarding many of the most common dermatological and cosmetic procedures. Realizing there is a lot of incorrect information circulating on the internet, Dr. Kappel has chosen to share her knowledge with readers using this platform.

Dr. Kappel offers a variety of cosmetic procedures from facial rejuvenation and Botox to lip injections in Newport Beach. For more information about skincare and cosmetic surgery in Newport Beach, or to set up a consultation or schedule an appointment, call (949)239-0494.

About Stefani T. Kappel, M.D.

Dr. Stefani Kappel is an Orange County native and Newport Beach dermatologist who earned her medical degree from UC Irvine and completed her residency in dermatology at UCLA. After that, she became a full-time faculty member at UCLA as a Clinical Instructor and Professor in Dermatology and Dermatologic Surgery. Her expertise is in include cosmetic dermatology with a focus on injectable neuromodulators (Botox, Dysport, Xeomin), as well as dermal fillers (Juvederm, Voluma, Volbella, Vollure, Sculptra, Restylane, Belotero, and Radiesse) and she is dedicated to treating and removing signs of photo-aging.

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For more information about Stefani Kappel MD, contact the company here: Stefani Kappel MD Dr. Stefani Kappel (949) 239-0494 info@stefanikappelmd.com 1441 Avocado Ave, Ste 203B Newport Beach, CA 92660

Stefani Kappel MD

Dr. Kappel's areas of expertise include cosmetic dermatology, body contouring and Mohs Micrographic Surgery.

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