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WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source [Alisa Vitti] on Amazon.com. *FREE* shipping on qualifying offers. With WomanCode , holistic health coach Alisa Vitti shows women how to maintain health and vitality with a food-based program to rebalance their hormones. Alisa Vitti ...Sugar and dairy cause acne because they increase insulin and IGF-1, which in turn stimulate keratin, inflammation and excess sebum. A perfect storm for acne