



Eat for Beauty (Hardback)

By Susan Curtis, Tipper Lewis

Dorling Kindersley Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Packed with more than 100 beauty-enhancing recipes, including a kick-start detox program for a full-body beauty recharge, which will get you started on the path toward being your best self. Revitalize the way you look and feel by eating the most effective foods to enhance beauty. Show off clear skin, strong nails, and shiny hair using this practical guide. Identify which natural foods will improve your outer beauty and inner health, and optimize ingredients superfood potential. Using amazing photographs that point out each food's value and benefits, Eat for Beauty explains how certain ingredients enhance your beauty at any age. Problems with acne, cellulite, or sunburns? Need help with weight management or getting rid of water retention? Eat for Beauty looks at common issues and recommends a food or herb supplement to address almost every beauty subject. Build your own specific diet plan based on recipes that target your needs, using the daily meal planner for breakfast, lunch, dinner, and snacks. Revolutionize your beauty routine with Eat for Beauty using healing foods that make a visible difference as you eat yourself beautiful.



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It is a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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