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## Naturally

By Wood, Jo

Pan Macmillan, Australia, 2008. Softcover. Condition: New. 392 pages. Multiple copies of this title available. Jo Wood is a former model and wife of Rolling Stone Ronnie Wood. She is also, in her own words, 'an organic nut' with her own beautiful range of organic beauty products. In her book Jo writes passionately about what an organic lifestyle has done for her, her family and friends. She explains the huge benefits of eating organically and describes the diet that brought herself and Ronnie back to health. She details the chemicals (some thought to be cancer causing) that are used in cosmetics and household products and absorbed through our skin, and tells the reader how they can find organic alternatives. She describes how to make your own oils and lotions, as well as sharing some of her favourite recipes (many cooked for her family while on tour). Packed full of useful advice and tips, informed and entertaining, this book shows that organic does not have to be boring. Anyone who cares about the health of themselves or their family will find much to inspire them. Quantity Available: 8. Category: Medicine & Health; ISBN/EAN: 9780330444972. Inventory No: 10023000. This item is in...



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*-- Dr. Kadin Hane DVM*

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