

EAT PRETTY: NUTRITION FOR BEAUTY, INSIDE AND OUT by Jolene Hart
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Eat Pretty: Nutrition for Beauty, Inside and Out Nutrition is the fastest-rising beauty trend around the world. Eat Pretty simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. Eat Pretty offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful package in the kitchen, at the grocer, and on the go. ...more Eat Pretty: Nutrition for Beauty, Inside and Out PDF ebook

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