



The Beauty Diet: Unlock the Five Secrets of Ageless Beauty from the Inside Out

By David Wolfe

HarperOne, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Each year, women absorb five pounds of toxins using common beauty products. Wolfe, one of America's foremost nutrition experts, argues that you shouldn't have to trade good health for exceptional beauty. There are safe, effective, and most importantly, natural ways to enjoy glowing skin and gorgeous hair. In The Beauty Diet, he offers these solutions for cleansing and nourishing the body, slowing the aging process, and transforming your health from the inside out so that your beauty radiates like never before. Grounded in science and based on a foundation of rejuvenation and the enjoyment of life, The Beauty Diet is a guide to unleashing the potential for beauty within you. Wolfe explains how the human body chemically reacts to various elements of nutrition, physical activity, and sleep-information you can use to look and feel better instantly. Natural, toxin-free beauty is not only the best way to achieve lasting beauty, it is the only way. Under Wolfe's guidance, learn the simple dietary and lifestyle changes like implementing organic superfoods and detoxifying through proper mineralization-balancing your acid and alkaline levels that have lasting results. Featuring simple, clean recipes for delicious...



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