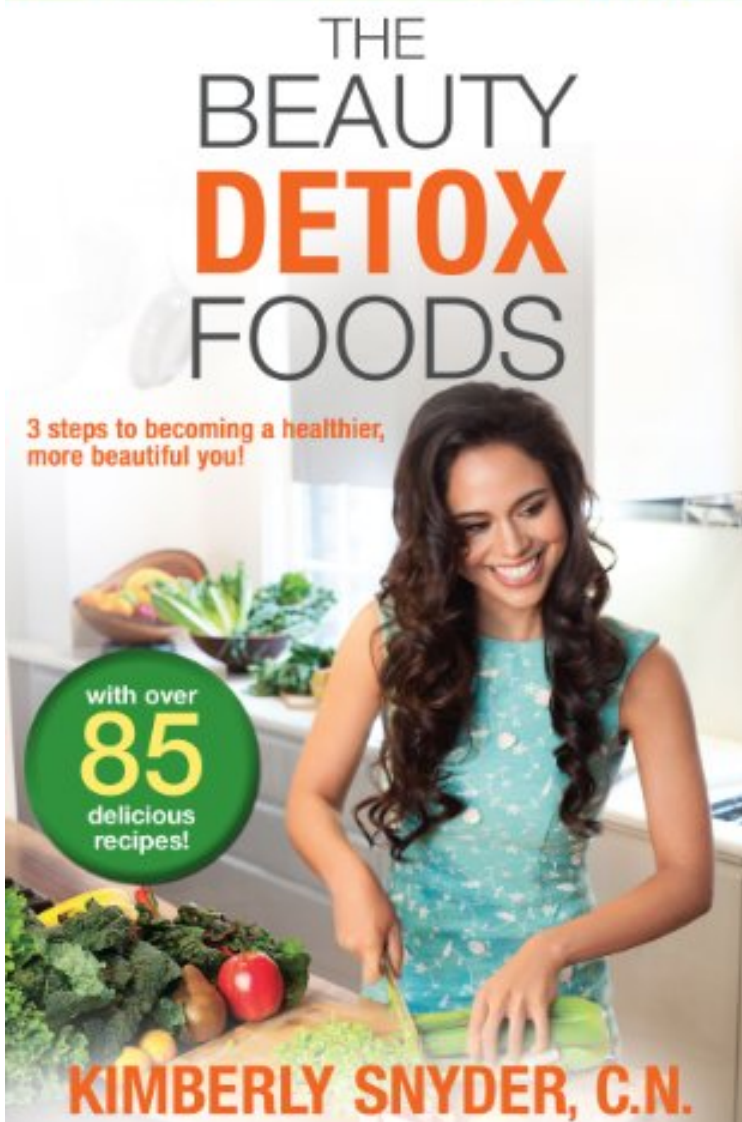


(Read download) File size: 76.Mb

The Beauty Detox Foods

'I believe in Kimberly! and I live and worship her program.' —Drew Barrymore



Par Kimberly Snyder
audiobook / *ebooks / Download PDF
/ ePub / DOC

Dtails sur le produit Rang parmi les
ventes : #208470 dans eBooksPubli le:
2013-05-26Sorti le: 2013-05-
26Format: Ebook Kindle

(Read download) The Beauty Detox
Foods

**Par Kimberly Snyder : The Beauty
Detox Foods** before purchasing it in order
to gage whether or not it would be worth
my time, and all praised The Beauty Detox
Foods:

Download

Read Online

Description :

Prsentation de l'diteurIn her bestselling book, The Beauty Detox Solution, Kimberly Snyderone of Hollywood's top celebrity nutritionists and beauty expertsshared the ground-breaking programme that keeps her A-list clientele in red-carpet shape. Now you can get the star treatment with this guide to the top 50 beauty foods that will make you more beautiful from the inside out. Stop wasting your money on fancy, expensive beauty products and get real results, while spending less at your neighbourhood grocery. Enjoy avocados and sweet potatoes for youthful, glowing skin Snack on pumpkin seeds for lustrous hair Eat bananas and celery to diminish under-eye circlesWith over 85 recipes that taste as good as they make you

look, you can finally take charge of your health and beautyone delicious bite at a timeRevue de presse'I don't like to diet, I like to eat right and that's what Kim's philosophy is all about. She's brilliant.' - Drew Barrymore
'Kimberly is a real expert. After reading this book there isn't an excuse not to be healthy.' - Owen Wilson on
The Beauty Detox Solution 'Packed with so much great information. Kim's program will appeal to everyone.' -- Olivia Wilde on The Beauty Detox SolutionPrsentation de l'diteurIn her bestselling book, The
Beauty Detox Solution, Kimberly Snyderone of Hollywood's top celebrity nutritionists and beauty
expertsshared the ground-breaking programme that keeps her A-list clientele in red-carpet shape. Now you
can get the star treatment with this guide to the top 50 beauty foods that will make you more beautiful from
the inside out. Stop wasting your money on fancy, expensive beauty products and get real results, while
spending less at your neighbourhood grocery. Enjoy avocados and sweet potatoes for youthful, glowing skin
Snack on pumpkin seeds for lustrous hair Eat bananas and celery to diminish under-eye circlesWith over 85
recipes that taste as good as they make you look, you can finally take charge of your health and beautyone
delicious bite at a time