



Eating for Beauty: For Women and Men: Introducing a Whole New Concept of Beauty, What It Is, and How You Can Achieve It

By David Wolfe

North Atlantic Books. Paperback. Condition: New. 200 pages. Dimensions: 9.9in. x 7.2in. x 0.5in. In Eating For Beauty, author David Wolfe, one of Americas foremost nutrition experts, describes how to cleanse, nourish and beautify by utilizing the benefits of a fresh-food diet. The lessons contained within this book can be applied to improve ones appearance, vitality, and health. This book is about how to become more beautiful, not just how to maintain beauty or even slow the aging process. It is about rejuvenation at the deepest level, and the enjoyment of life. This book contains the key for creating beauty within oneself through diet and other complementary factors. Though it explores the role of yoga, beauty sleep, and the psychology of beauty, this book is primarily about the way to eat for beauty. The Beauty Diet is based on principles of raw nourishment representing the cutting edge nutritional science. With scientific explanations of the human bodys chemical reactions to various elements of nutrition, physical activity and sleep, this book provides a guide for how to reach your potential for beauty. More than 30 gourmet beauty recipes and in-depth descriptions of beneficial foods help to steer beauty-seekers down the path of aesthetic enlightenment...



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