



25 Delicious Recipes for Healthier and Younger Skin (Paperback)

By Mae K Lucas

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you are thinking of getting invasive surgeries or botox, don t lose hope in looking and feeling younger. You can easily look younger just by changing your diet. With this book, you can create easy recipes for breakfast, lunch and dinner, even dessert and snacks! It will be a perfect place to start up you diet and keep you looking younger and more radiant. In this book you will receive the following: -A collection of 25 delicious recipes to help you look younger -Smoothie recipes that will leave you want more -A short introduction on anti-aging foods If you are ready to make the change you need and experience great benefits of proper food intake, then dive into this book and pick a recipe to try.



Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogues are for concerning if you ask me).

-- Dr. Celestino Treutel

This sort of pdf is everything and made me searching forward plus more. Better then never, though i am quite late in start reading this one. You may like just how the author compose this book.

-- Mae Jones

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