

[PDF] Eat Pretty: Nutrition For Beauty, Inside And Out

Jolene Hart - pdf download free book



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Author: Jolene Hart

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Description:

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.

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