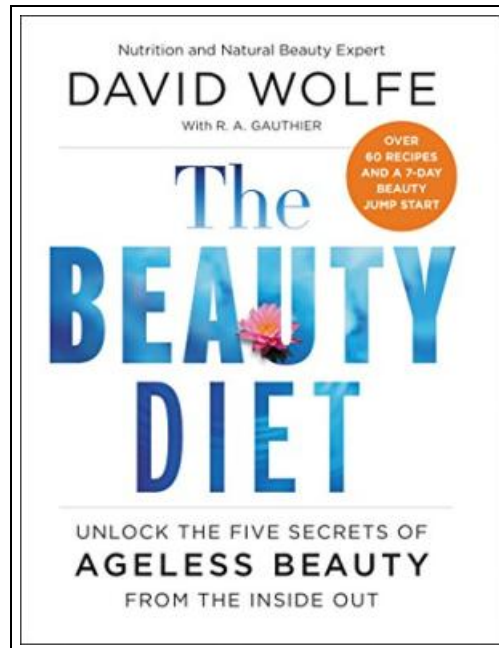


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HarperCollins Publishers Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. Internationally acclaimed nutrition and natural beauty expert David Wolfe, one of America s foremost nutrition experts, distills the five factors that lead to exceptional, lasting beauty. Each year, women absorb pounds of toxins through cosmetics and beauty products. These creams, lotions, and cleansers not only work against us-dehydrating our skin, clogging our organs with harmful toxins, and disrupting our hormone balance-they keep us bound to an idea of beauty, instead of helping us achieve the natural, radiant version of ourselves we long to set free. True beauty does not come from a product or a procedure, it comes from the inside out. David Wolfe s long-awaited, groundbreaking book reveals why a natural, toxin-free lifestyle is not only the best way to achieve lasting beauty, it is the only way. Under Wolfe s guidance, we learn easy and effective dietary and lifestyle changes like implementing organic superfoods and superherbs, and detoxifying the liver, kidneys, lungs, and colon with special tonics and supplements. Simply put, nature s most powerful foods are the beauty solution we have been waiting for. The strategies you ll find in The Beauty Diet are safe, effective, and most importantly, natural ways to slow the aging process, enjoy glowing skin and shining hair, with information you can use to look and feel better instantly and long-term. Featuring simple, delicious recipes (beauty has never tasted so good), a three-day beauty cleanse, a one week jumpstart, and smart tips for using clay, charcoal, supplements, and more, The Beauty Diet is the ultimate resource and the healthiest, most accessible path to beauty from the inside out.

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