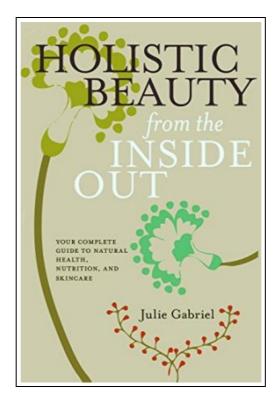
Holistic Beauty from the Inside Out: Your Complete Guide to Natural Health, Nutrition, and Skincare



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Reviews

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(Derick Brekke)

HOLISTIC BEAUTY FROM THE INSIDE OUT: YOUR COMPLETE GUIDE TO NATURAL HEALTH, NUTRITION, AND SKINCARE



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Seven Stories Press. Paperback. Condition: New. 288 pages. Celebrated author of The Green Beauty Guide Julie Gabriel presents a comprehensive yet simple book thatbrings all four corners of the natural beauty paradigm together: natural skincare, holistic nutrition, stress-relief, and healthy lifestyle. A holistic nutritionist, Gabriel teaches her reader how to eat yourself beautiful usingbuilding blocks from a wholesome diet, and as a long-time beauty writer and editor, reveals whybeauty-boosting changes to our everyday lifestyles are essential in helping us to discover the allure we arelooking for. Beauty, Inside Out claims that true beauty radiates from inner physical and emotional harmony. Our body isequipped with a full set of tools to maintain and restore our intrinsic assets, and has enormous healing powersto rejuvenate our skin, hair, and nails, without expensive cosmetics and procedures. The book includes handyand straightforward lists of what products to avoid, what foods to eat, and natural recipes to use for skincare. This one lucid and refreshing read will bring you face to beautiful face with a new life of quality sleep, fresh air, lush nourishment, renewing relaxation, radiant skin, sparkling eyes, and sound mind. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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