



Are You Eating for a Healthy Skin?: 40 Vitamin Packed Recipes That Will Put Your Skin on the Road to Recovery (Paperback)

By Martha Stephenson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You can eat your way to fabulous skin. Whatever your age or gender, feeding your skin by giving it the nutrients and vitamins it needs is vital. As we grow older, our skin ages and can become dry. Age spots and wrinkles may appear as a result of chemicals, sun damage, and poor nutrition. But by cutting back on processed ready meals, junk foods, and foods high in sugar, it s never too late to make a difference. Did you know it only takes six weeks before you see a visible difference from the changes and improvements you make to your diet? To avoid poor skin and complaints such as acne, eat more fresh fruit, fish, vegetables, and whole grains. Help to combat wrinkles and saggy dry skin by adding foods high in healthy fats to your diet. For a radiant glow, nourish and moisturize your skin from the inside out. Wild salmon and tuna are high in omega 3 fatty acids which couldn t be better for your skin. If a dull complexion is your concern, then starting the day with...



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