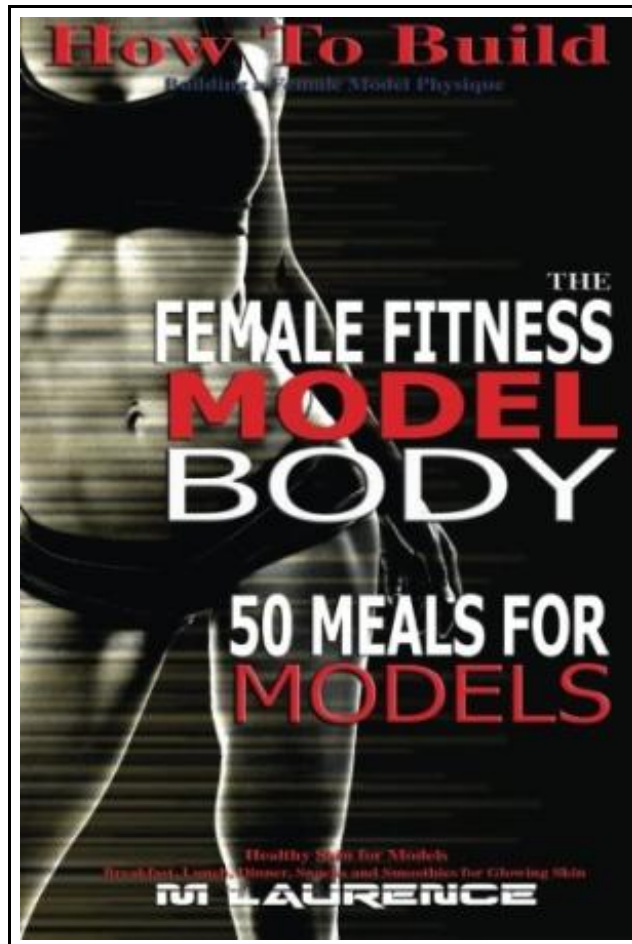


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book contains 50 amazingly delicious Meals, Snacks and Smoothies for super SEXY skin! Why do models look so healthy? Why is their skin so smooth? They eat plenty of nutrient-dense foods that all work to give them a beautiful smooth glow. This led me to writing a book with Recipes that are EASY to make, GREAT for you skin and taste SUPERB! If you would like to improve your skin tone then this book can really help you! Modeling is all about looking and feeling great - highly nutritious food will help us feel amazing on the inside and on the outside giving us amazing skin. Certain foods we add to our diet can affect our skin negative ways, such as improper chocolate, fats, poor carbohydrates, and sweets. Also if you have gained weight and lost it, repeatedly, you are also harming your skin. So I have devised this book to get us back to looking and feeling great and to take us to the next level of skin care - with all natural food. This book contains 50 delicious and nutrient packed recipes all designed to improve our skin! 5 Essential Reasons this Book will become your Go-To Guide for Solving your Skin Problems: - The foods that contain the highest amounts of helpful vitamins and minerals for your skin. - Recipes for all three daily meals, plus snacks and smoothies. - How to make meals that are well balanced and healthier for you. - Why exercise is as important as the foods you eat. - How food is not only great for your skin when you eat it, but also how some foods can be used...



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