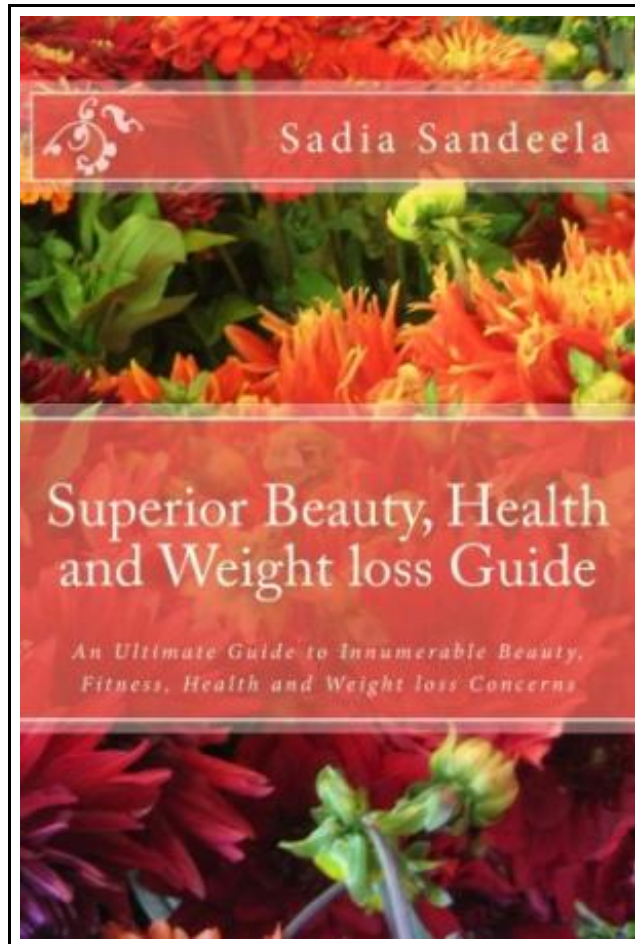


Superior Beauty, Health and Weight Loss Guide: An Ultimate Guide to Innumerable Beauty, Fitness, Health and Weight Loss Concerns



Filesize: 4.09 MB

Reviews

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SUPERIOR BEAUTY, HEALTH AND WEIGHT LOSS GUIDE: AN ULTIMATE GUIDE TO INNUMERABLE BEAUTY, FITNESS, HEALTH AND WEIGHT LOSS CONCERNS



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a comprehensive guide to beauty, health, wellness, healing and weight loss that helps in providing vision for many unanswerable questions of our daily life and is a kind of compilation of my writing career as well as my dietetic s career achievements. It is especially beneficial for the youth who are looking for right kind of guidance towards many of their health problems and conditions and hopefully will be helpful in giving an insight into innumerable benefits attached with living a more natural and kind of minimal lifestyle. Material obsession and material world has been a cause for many of our discontentment and unhappiness in life. Balanced approach in all areas are key to success and balance is needed in our approach towards good health, healing and overall well-being. Success, beauty, health, happiness and many more cannot be achieved through the means of wealth and worldly material only. Most of our health, beauty and wellness concerns require simple means of nature s natural simple processes. Balanced approach is the key to success in all spheres of our life including beauty, health and overall wellness. I hope and wish this book benefit you and may find a place in your heart. This book contains more than 300 recipes which may include smoothies, salads, entree, vegan, gluten free, paleo, Mediterranean, International cuisine, Indian Cuisine, South Asian Cuisine, Thai cuisine, Atkins diet recipes, sugar detox diet recipes, green smoothie recipes, paleo vegan smoothies, etc. This book provides detailed information on Ketogenic diet, Atkins diet, sugar detox diet, gluten free diet, vegan s diet, paleo diet, Mediterranean diet, green smoothies detox diet, coconut benefits, apple cider vinegar benefits, natural oils...



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