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THE BEAUTY DIET: UNLOCK THE FIVE SECRETS OF AGELESS BEAUTY FROM THE INSIDE OUT



HarperOne, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Each year, women absorb five pounds of toxins using common beauty products. Wolfe, one of America's foremost nutrition experts, argues that you shouldn't have to trade good health for exceptional beauty. There are safe, effective, and most importantly, natural ways to enjoy glowing skin and gorgeous hair. In *The Beauty Diet*, he offers these solutions for cleansing and nourishing the body, slowing the aging process, and transforming...

Read PDF The Beauty Diet: Unlock the Five Secrets of Ageless Beauty from the Inside Out

- Authored by David Wolfe
- Released at 2018



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