



## Younger Skin in 28 Days: The Fast-track Diet for Beautiful Skin and a Cellulite-proof Body

By Karen Fischer

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Younger Skin in 28 Days: The Fast-track Diet for Beautiful Skin and a Cellulite-proof Body, Karen Fischer, 'Your best weapon against skin ageing is your fork!' Beautiful skin is not only for the genetically blessed - everyone can enjoy the self-confidence that comes from looking their best, regardless of age. In 'Younger Skin in 28 Days', award-winning author and nutritionist Karen Fischer reveals how you can firm and tone your skin and take years off your appearance in a matter of weeks. Among the many skin conditions that can be improved are: \* cellulite \* wrinkles \* dry skin \* sun damage \* acne \* rough and bumpy skin \* age spots and hyperpigmentation. Karen reveals the best skin-care products and supplements for younger skin, and includes a 3-day alkalising cleanse to fast-track your results as well as a 14-day menu plan featuring delicious, quick and easy recipes. You might find you start feeling younger too, as the nutritionally balanced health program also helps to: \* boost energy and concentration \* promote healthy weight-loss \* strengthen bones, hair and nails \* reduce the risk of type 2 diabetes \* lower cholesterol...



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