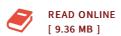




Younger Skin in 28 Days: The Fast-track Diet for Beautiful Skin and a Cellulite-proof Body

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 skincare 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...



Reviews

This is basically the best publication i have got read through right up until now. Sure, it really is perform, still an amazing and interesting literature. Your life span will probably be convert once you full reading this article ebook.

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