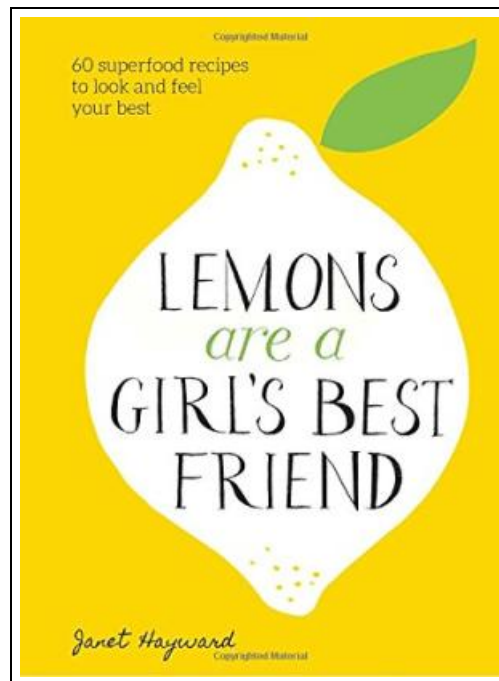


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Reviews

Completely essential go through book. I actually have go through and i am sure that i am going to going to read yet again yet again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.
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Clarkson Potter Publishers, 2018. Hardback. Condition: New. Language: English . Brand New Book. Lemons Are a Girl's Best Friend is a handy, pocket-sized guide to thirty superfoods, each with two simple recipes--one to eat and one to use as a beauty treatment, complete with notes about each food's benefits and best uses. With 60 recipes for healthy dishes and all-natural beauty treatments, Lemons Are a Girl's Best Friend lets you have your Pomegranate Facial and eat your Halloumi, Orange, and Pomegranate Salad, too. Each of the recipes uses just a handful of all-natural, common ingredients to make deliciously clean dishes and easy treatments for healthier skin, hair, and nails. Each superfood is introduced with a list of its active compounds, which are then translated into tangible benefits--for example, the Vitamin C in the Tomato and Basil Bruschetta gives your immune system a boost, while the lycopene in the Tomato Face Mask protects your skin from free radicals and UV rays. With recipes for grocery store staples (oats, sweet potatoes, cucumbers) and buzzy superfoods (seaweed, chia seeds, cider vinegar) alike, there is something in Lemons for everyone!



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