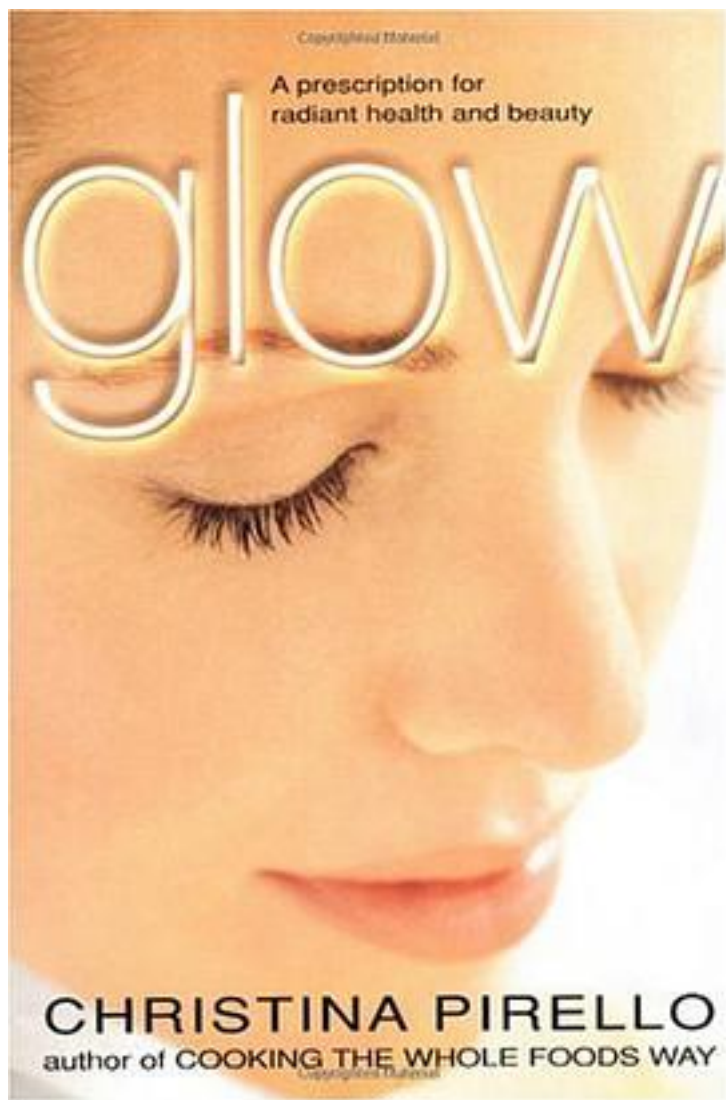


Glow



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著者:Pirello, Christina

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The first of its kind, Glow is more than a cookbook, more than a health-and-beauty guide - it is a path to a healthy lifestyle. Using the healing properties of whole foods, the author demonstrates how to use them in daily life to achieve an overall, healthy glow.

By combining ancient Eastern practices for health with more than 150 delicious, whole-food recipes, and healing face washes, massage oils, cleansers, scrubs and soaks, this book caters to a burgeoning market of consumers interested in whole foods and vegetarianism, but most of all to the readers interested in a more balanced, more natural way of life.

作者介绍:

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