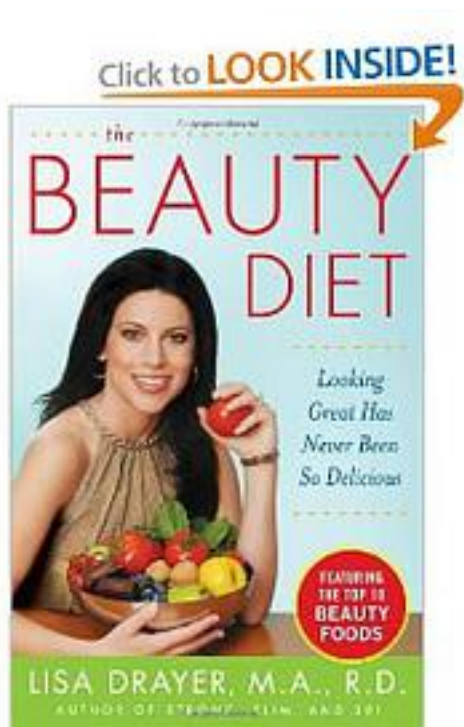


Beauty Diet



[Beauty Diet 下载链接1](#)

著者:Drayer, Lisa

出版者:

出版时间:2008-9

装帧:

isbn:9780071544771

The secret to glowing skin, brighter eyes, whiter teeth, shinier hair, and stronger nails According to nationally known nutritionist Lisa Drayer, it's not what you put on your body, but what you put in your body that makes you beautiful. Drayer's groundbreaking guide reveals the Top 10 Beauty Foods - nature's best kept secrets for glowing skin, fuller hair, healthier nails, brighter eyes, and whiter teeth. Her easy-to-follow program - including a mouthwatering four-week meal plan with more than 100 recipes - unlocks the amazing power of these Beauty Foods and makes every part of your body look and feel absolutely fantastic. Here are the Top 10 Beauty Foods: Wild Salmon, Yogurt, Blueberries, Spinach, Kiwis, Tomatoes, Oysters, Sweet Potatoes,

Walnuts, and Dark Chocolate.

作者介绍:

目录:

[Beauty Diet 下载链接1](#)

标签

评论

[Beauty Diet 下载链接1](#)

书评

[Beauty Diet 下载链接1](#)