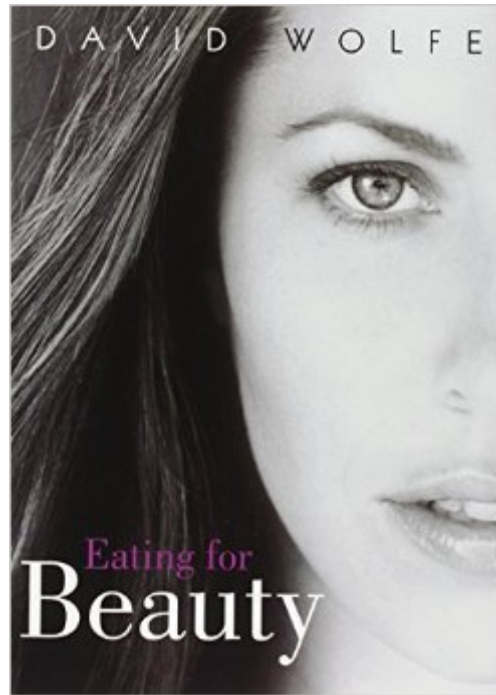


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# Eating For Beauty



## Synopsis

In *Eating For Beauty*, author David Wolfe, one of America's foremost nutrition experts, describes how to cleanse, nourish and beautify by utilizing the benefits of a fresh-food diet. The lessons contained within this book can be applied to improve one's appearance, vitality, and health. This book is about how to become more beautiful, not just how to maintain beauty or even slow the aging process. It is about rejuvenation at the deepest level, and the enjoyment of life. This book contains the key for creating beauty within oneself through diet and other complementary factors. Though it explores the role of yoga, beauty sleep, and the psychology of beauty, this book is primarily about the way to eat for beauty. The Beauty Diet is based on principles of raw nourishment—representing the cutting edge nutritional science. With scientific explanations of the human body's chemical reactions to various elements of nutrition, physical activity and sleep, this book provides a guide for how to reach your potential for beauty. More than 30 gourmet beauty recipes and in-depth descriptions of beneficial foods help to steer beauty-seekers down the path of aesthetic enlightenment. The magical, beautifying secrets held within this book will help the human race reclaim one of its most divine attributes: beauty, inside and out. \* Note: the following text is missing from page 42: | recommend that you include more proteins (amino acids) in your diet in the form of some of the protein-rich foods listed on page 41.

## Book Information

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## Customer Reviews

*Eating for Beauty* was written with raw food enthusiasts in mind. The raw food diet is most certainly about beauty: the beauty of nature, the beauty of health, and the beauty of body, mind and soul.

David Wolfe, the author of *Eating for Beauty*, is a shining example of beauty and health in the raw food movement. He has been a leading authority and educator on raw foods for years. In this book, he reveals how to shine with the beauty that is already present within you. When I first heard that David Wolfe had written a book titled *Eating for Beauty*, I was a bit put off. I thought it was going to be shallow, just focusing on how to be more physically attractive. But as I read this book from cover to cover, I was quite impressed. He makes a very logical point that by the eating certain foods, we are in fact creating a certain person. We are made from the food we eat, in a very literal sense. The more life force we eat, the more life force we will have in our bodies. The body uses vitamins and minerals to nourish our organs, such as the skin, hair and eyes. Clear, glowing skin, strong nails and bright eyes are all signs of a healthy, well nourished body, and they're all benefits of a raw food diet. David Wolfe goes into great detail about some of the most beautifying foods on the planet. He dedicates a section to each of the following: aloe vera, arugula, burdock, coconuts, cucumbers, durian, figs, hemp seeds, macadamia nuts, nettles, olives, onions, papaya, pumpkin seeds, radishes, turmeric, and watercress. These foods contain high amounts of "beauty minerals," like silicon and sulfur. They are also very cleansing and energizing. Papaya is especially high in natural enzymes, and durian contains tryptophan, an amino acid that helps elevate serotonin levels in the brain.

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