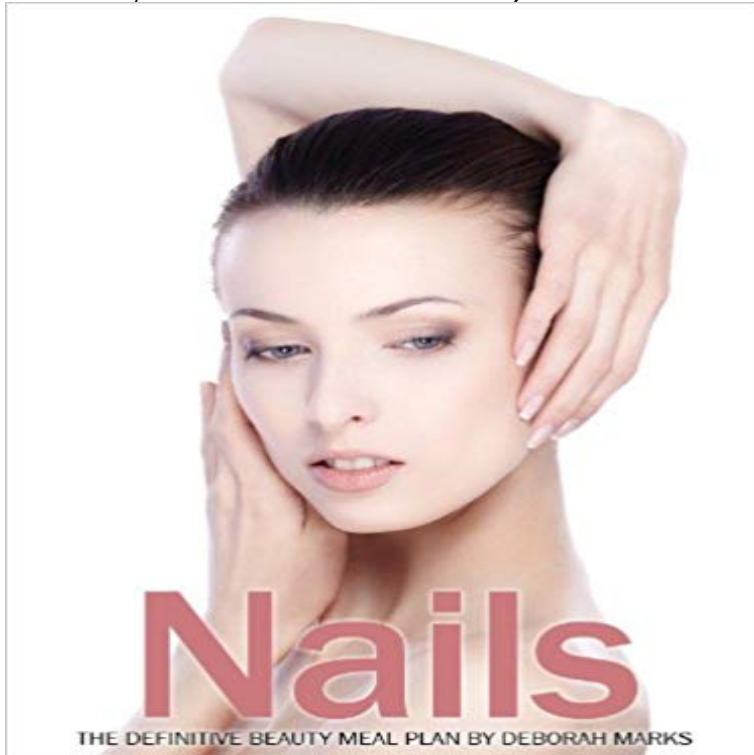


Superfood For Beautiful Nails (Superfood For Beauty: The Definitive Beauty Meal Plan Book 4)



Superfood For Beautiful Nails: The Definitive Beauty Meal Plan (Vol 4) contains information about the specific nutrients contained in the foods that your body needs to make you beautiful. Author Deborah Marks focus on the particular compounds that will help you grow and maintain healthy and beautiful skin, hair, and nails. Marks then look at the specific foods that are loaded with these compounds. She also includes instructions on planning a meals with these foods. The final section of the book are some delicious recipes for each meal, including superfood snacks and drinks, to get you started on your way to developing your beauty from the inside out. The old saying is you are what you eat. This speaks to the fact that your body does what it can with food that you eat. The food that you eat contains the materials your body needs to be healthy, to repair sun damage, to ward off age, and to prevent disease. The shape of your bones and how your body holds weight is something you can do little to alter outside of very specific regimes or dramatic surgery that often causes a great deal of trauma and long term negative health side effects. However, you can nourish your body with food that will provide your bones, your organs, and the various systems of health and wellbeing the compounds and nutrients that they need to clear away the ongoing debris of living and create vibrant health. Your health will be reflected in glowing skin, supple lips, lustrous hair, strong bones, and tough nails. It is a universal cultural value that a healthy person is a beautiful person. This information will address how to provide your body with the foods that will allow your beauty to grow from the marrow of your bones to the tips of your hair. Marks looks at how your body uses nutrients to make you beautiful. She examines the specific chemical compounds that are used. And she will explore the food that contains

these compounds. These foods have garnered a great deal of attention lately. They are called superfoods, and it seems that many foods are called superfoods. We will discuss the properties of superfood, and introduce you to the specific food you will need to have as part of your regular diet to make for beautiful skin, hair, nails, and to fight the effects of sun damage and age. It can be confusing and daunting at first to try to include these foods into your diet. The book provides a meal plan that will provide the means to get started, information about each food containing the agents your body needs to be beautiful, and a collection of delicious recipes. Reading this information is a great step for creating beauty that is more than skin deep.

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Deborah Marks loves whole food and likes to find ingredients when she can at the fantastic markets in the foothills of the Cascades near her home near Seattle. She combines the love her all natural food with her busy life as a researcher and Yoga instructor. She understands that incorporating superfood into your diet is a pragmatic endeavor, and throughout the

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