



The Healthy Skin Cookbook: Delicious And Healthy Recipes For A Beautiful And Vital Skin With Extra Skincare Tips (Skincare Cookbook, Healthy Skin, Beautiful Skin, Skincare Tips)

Susan Harris

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You're about to discover how to make delicious and healthy foods which will make your skin beautiful and vital!

The modern day diet sadly consists of a lot of stuff which is bad for your health, which most likely make it bad for your skin too: added sugars, refined flour, food additives.. Not just lead to obesity, heart disease, and even cancer, but make your skin look old and dry. And we did not even speak about alcohol consumption and smoking...

With this cookbook, you'll learn how to make delicious foods for breakfast, dinner and lunch which will heal your body and heal your skin. With a bunch of healthy and tasty ingredients! I've also provided a few extra skincare tips just for you. Enjoy!

Just A Little Teaser...

- Symptoms Of Bad Skin And How To Fix It
- Green Waffle
- Sparkling Fruit Salad
- Blueberry pancakes
- Paleo Sushi with Salmon & Avocado
- Caesar Salad Spears
- Healthy Paleo Crock Pot Tuna
- Yummy Ratatouille
- Extra Skincare Tips Just For You
- Much, much more!

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Clarissa Holland:

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