

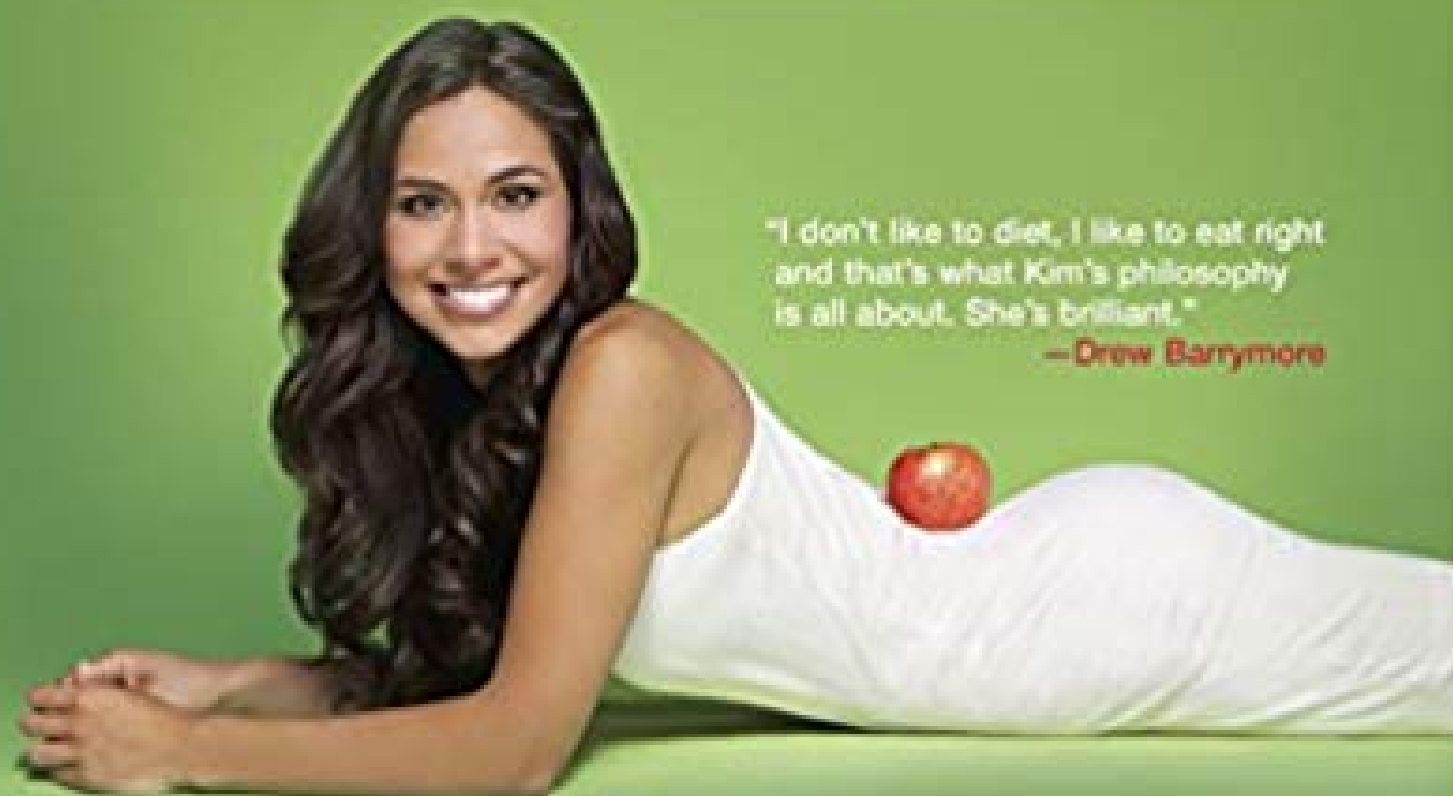
"A must-read." — Dr. Mehmet Oz, coauthor of the YOU book series

# THE BEAUTY **DETOX** SOLUTION

Eat Your Way to Radiant Skin, Renewed Energy  
and the Body You've Always Wanted

"I don't like to diet, I like to eat right  
and that's what Kim's philosophy  
is all about. She's brilliant."

— Drew Barrymore



NEW YORK TIMES BESTSELLING AUTHOR  
**KIMBERLY SNYDER, C.N.**

Kimberly Snyder

# The Beauty Detox Solution: Eat Your Way to Radiant Skin, Renewed Energy and the Body You've Always Wanted



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Superstar nutritionist and beauty expert Kimberly Snyder helps a large number of Hollywood's A-list celebrities get red-carpet ready<sup>151</sup>; She discovered that what you eat may be the ultimate beauty product, and she's created a robust program that rids the body of toxins so you can look and feel your better. With just a couple simple diet adjustments, you will: and now you're getting the star treatment. Kim utilized to struggle with coarse hair, breakouts and stubborn stomach fat, until she traveled the globe, learning age-aged beauty secrets.



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Incredible advice for anybody up for a challenge! I am going to reread them all so that I can maintain motivating myself. Great book though! I pay attention to Kimberly's podcast, examine her blog, and keep up with her other books. This is simply not a fad diet book. I love just how she breaks it all down.. I, for one, am convinced and can stick to the precepts outlined in this reserve. Yes it isn't an easy someone to follow. Xo Great Reserve for learning how to maximize nutrition If your searching for a magic pill.. Her advice is audio and proves to function in my life. I currently was doing a lot of things properly, but I learned that WHEN you perform/eat something is equally as essential WHAT you're doing/feeding on.. I purchased this publication along with Kimberly's various other two books, Beaut Detox Foods and Beauty Detox Power. If you look at either raw vegan, high raw, OR vegan-gluten free books, you'll find some good stuff. Personally, i love the book Natural VEGAN NOT GROSS. Another tip is definitely this: BDS is just a starting point.. Me too. Why such a long time? Not only do I FEEL so much better, but I have lost 8 pounds already. **\*\*UPDATE\*\*** A year and a half later, I still listen to her podcast but still feel convinced she knows her stuff. I take the products she recommends and I follow the meals combining principles and feel amazing. If you've tried to consume healthy NOT just weight reduction and failed because something had not been quite right, after that this book will drive out cob webs. I'm mostly raw, however when I do eat cooked meals, I only consume was Kimberly recommends. I feel amazing and have had the opportunity to keep off the 12 stubborn pounds that usually want to visit whenever I quit! Finally a book that delivers!!!! Brilliant Book, really makes you think about how you combine food! My favorite go-to book about the foundations of merging what "you think you understand" about healthy taking in and what feels right and has been around for years. Kimberly includes a kindred soul and you could tell through the reserve she is real about posting with the globe her knowledge. The reserve is simple, well written and so good I made a decision to purchase a paper copy and a kindle edition with regard to allowing others borrow when I obtain questions in what I am carrying out to obtain my "glow" ;-). Just starting on this plan, but I feel better than I have in years. So some tips about what I really do: study the concepts and appearance elsewhere for more quality recipes.. I have already been a tight vegetarian for over 11 years but haven't been the best about eating clean, non-processed foods. I have never thought I possibly could become vegan because I really like eggs and cheese. But, after following her regimen for just about 10 days today, I think I would like to aspire to end up being vegan and gluten free forever. I feel much better than I've in years. I have been sleeping during the night for the first time in years, and I actually have energy. Obviously she likes her very own food, but if you're more of a foodie like myself, you're going to make your self crazy trying to check out this publication. I am 31, but for the last several years, I have experienced twice my age because of lack of energy and insomnia. All dairy is out. (Substitute wellness if the term beauty seems as well trite or vain. I experienced one bad time, two days involved with it, where I felt like I got the most severe hangover ever (from my own body detoxing). It just lasted three hours, and I was great. I just wish I possibly could afford to employ her to keep the poor stuff out of my mouth area haha You'll want to eat like this. The author is non-legalistic in her approach and isn't on a objective to concert all who examine into virgin vegetarians.. (But it's worth it) I love this reserve. Although, the email address details are enough inspiration. There's too much to learn from this girl! Oh, and all the dishes I've tried possess really been delicious. I recommend this book, along with her other two. BEST Nutrition Information!! The best portion of the book is the phases to this new eating way of living: Blossoming Beauty, Radiant Beauty, Accurate Beauty. But she isn't specifically a gifted chef. SO I rearranged my diet plan and within one month flat, I dropped that last 5 pounds I have been trying to reduce for ages, and I wasn't even trying :))) Great introduction to whole and raw foods While I initially looked at this book to get ways to improve my epidermis (I am in my own 50s), it offers an organized method of introducing natural and whole foods into my diet plan. Don't let the term "beauty" prevent you from taking a serious understand this reserve as the author's premise is that true beauty starts from within, or rather by consuming high alkaline, much less acidic processed food items. Since Personally i think better, my mood in addition has improved. She proposes an 80/20 ratio of foods, with 80% of our daily diets comprised of fresh vegetables and fruit and the additional 20% of grains and protein. A lot more energy. I love this reserve! I went from 1 on the energy level to about 7 or 8 by the 5th day. Lost alot fat following this book too, and constantly go back to the rules when I'm not really feeling my best. The author presents portion sizes and maintains that your body will naturally adjust to the individual's ideal pounds. But after giving it a few solid tell you chances (full thirty days of following it to a

t) I can tell you that lifestyle may be the healthiest one I've ever adopted. Science behind combining foods! Really is practical. Another review stated she had more questions by the end. And Works!!! I'm very interested in nutrition and health, but really can only see this reserve being useful for somebody currently vegan, vegetarian, or a raw foodist.) There are no time-constraints when in these phases, though 30-times are suggested, no meals journals or counting calorie consumption. But that's partially because, well, the recipes are not very good. The repetitive nature of composing sounded like somebody was trying to fill up space in the reserve to create up for actual lack of content or new ideas. The just I don't perform is eat much cooked food. Doesn't get into how exactly to eat for even more athletic lifestyles where you need more calories. Three Stars Meh. It was a difficult read for me Ummm plenty of wear on book. I first go through it almost 24 months ago and I am slowly working the concepts into my life. Great book! Dingy utilized quality. I'm all for a used book. I believe Kimberly Snyder can be an incredible intelligent and talented nutritionist. Then this publication is not for you!. :( My Nutrition Guru This is my nutrition bible. Identical concept, but much more in depth info written by an extremely educated doctor with a free supporting website. Extremely restrictive and unrealistic lengthy term in my opinion. This is a reserve about how nutrition is definitely absorbed and digested in the body and it's really purpose is to provide you with the healthiest and subsequently most beautiful body feasible. I am so pleased with myself for eating perfectly well balanced meals, and it has produced me feel so much better. For a long period I felt just a little irritated by the book, thinking it was too intensive. I am so happy I got the plunge and bought her books.. Need for proper pairings to achieve optimal outcomes I have read many nourishment books and have followed a ketogenic diet plan for years. Do you enjoy food? This one seemed a little bit overly utilized and kinda grimy. I've an e-duplicate and a hard copy. Love Kimberley, she is an incredible female! There were some interesting points, but not much articles I hadn't read elsewhere. Look somewhere else! There are much better, more realistic books on similar subjects. I recommend "How Not to Die" by Dr. Greger. I simply wish I were an improved college student. if you no more want to enjoy your life. The Beauty Detox Solution was well organized and presented me to the concept of proper meals pairings to accomplish ultimate outcomes. Love This book is amazing- the knowledge you will gain from reading this makes it worth the time. I recommend it.



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