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"Pina shares the master keys to capturing the elegant glow that we crave."

—Michael Oz, MD

*The*  
LITTLE BOOK  
*of*  
HEALTHY  
BEAUTY

*Simple Daily Habits to  
Get You Glowing*

PINA LOGIUDICE, ND, LAc

*Dr. Pina LoGiudice*

**The Little Book of Healthy Beauty: Simple Daily Habits  
to Get You Glowing**



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As seen in Dr. Dr. The philosophy of naturopathic medicine is to use the most natural methods to achieve optimal health and beauty. Individuals who follow this philosophy have a "glow"--an almost indescribable radiance, beauty, and energetic vitality. By pursuing Dr. Pina's expert guidance predicated on over ten years of research and clinical knowledge. Pina clears up the misunderstandings about what actually works and what doesn't and dispels the favorite myths that are performing more harm than great. Dr. The real secrets in back of staying young. Pina's powerful program is guaranteed to cause you to glow from the within out. This practical lead presents the five simple keys to great beauty and health (sleep, food, exercise, relaxation, detoxification), explains how exactly to maximize their benefits, offers advice on natural remedies like vitamins and herbs, and provides Dr. The best practices for radiant skin and hair. The vitamins and herbs that work as promised bullets. Basic daily habits that help overcome stress and shed pounds. Oz, a innovative, naturopathic plan that enhances beauty, enhances health, and reverses maturing, Dr. The book's tips include: Pina's holistic wisdom blends practices from naturopaths, scientists, and Chinese medication and is educated by medical research. Pina's tips, you will notice yourself looking more radiantly beautiful each day.



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