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LETHA HADADY  
author of *Asian Health Secrets*



# HEALTHY BEAUTY

*using nature's secrets to look great and feel terrific*



THE FOUR SEASONS OF BEAUTY

REDUCE YOUR STRESS NATURALLY



DEVELOP YOUR OWN STYLE GENIUS



EXPERT MAKEUP, FASHION,  
AND HAIR ADVICE

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Letha Hadady

Healthy Beauty: Using Nature's Secrets to Look Great and Feel Terrific



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Learn the secrets to keeping radiant, youthful, and beautiful. .Isisara Bey, Vice President of Corporate Affairs, Sony Music Entertainment "We very much enjoyed reading Healthy Beauty and I learned a great deal. . . . an international beauty recipe of tried-and-true home preparations blended with the most modern, technologically advanced products on the market today . " &#150; truly a celebration of beauty in every its diversity. . Letha Hadady lamps the spark of that radiance with her publication. naturally "The first book of its kind . The timely information and spiritual areas of the publication will be appreciated right now more than ever. " &#150;Michael York, actor, producer, and writer "This publication is touched by genius. Letha Hadady has a great sense of beauty in everything she will. " &#150;Gad Cohen, celebrity stylist presented in Glamour, Vogue, and Cosmopolitan "Healthy Beauty is fabulous! A must for anyone interested in beauty." &#150; In Healthy Beauty, we are able to be confident of locating beauty elixirs to create not only the face we present to the world, but the peace of brain we need in the silent of our lives.From the Foreword by Clif deRaita, National Director of Makeup at Georgette Klinger, Inc.Marietta Carter-Narcisse, Hollywood make-up expert featured in In Style "There is a radiance that glows from within: it's the radiance of intent, enthusiasm, wholeness, and harmony with life." &#150; .



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My best secret weapon Letha Hadady's books have helped me personally to improve my work energy, appearance, and social life. Her latest reserve Healthy Beauty made it possible for me to reduce 15 pounds and have the clear complexion I have always wanted and necessary for my consulting work! The author recommends eating laxative, yellowish vegetables such as squash, pumkin and carrots to eliminate blemishes. Bravo! What a discovery! Should be a ten star rating! There should be a ten star rating because of this book! For example, there exists a chapter in the book called Your Flawless Complexion. Everything to make you look and feel better is here now, including resources for purchasing any items you may need. I've recommended it to numerous friends and will be offering it as a gift as well-what better present to give anyone compared to the gift of wellness, beauty and well getting. Many thanks Letha for sharing your wisdom! Letha makes her own recipes and they are fantastic. A variety of remedies I tried didn't work. Wonderful. I like history.. But after that I came across Healthy Beauty.! Five Stars Fantastic experience fast delivery ! No dry "do that, do that" guidance. I tried the herbal remedies and diet she recommended for healthful hair and watched it grow back. I wondered if I would need to buy a locks piece or permanently comb it over my thin spot. Awsome Book The main reason I really like this book is because of the simple remadies that exist. There are no over the top complicated advice given here. Letha Hadady has put all we have to know about inner and outer beauty in a single wonderful publication that is a joy to read.What a great gift of health insurance and natural splendor if offers! To get rid of dark circles under the eyes, she recommends drinking nettle tea. It's a very entertaining and informative book.I like the fact that she's saying what you eat results how you look. Kudos. Can't wait for Letha Hadady's next book! Healthy Beauty is normally a Must-Have Healthy Beauty incorporates all areas of self-care and beauty from cosmetics to nutrition to fitness with the wisdom and remedies the present day - on the run - woman OR man - must keep themselves well, searching good and feeling great! fantastic book what a remarkably insightful book !! In Healthy Beauty Letha Hadady mixes information with pleasure-reading.! you find everything you need to learn about beauty and health, feeling good and searching great, all with very normal lotions and potions. Another Great Book by Letha Hadady I was hardly ever "beauty conscious" until I started losing my locks. The tales in it about actress Lola Montez were entertaining...This book is for everyone to follow.



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