

EAT, DRINK, *and Be* GORGEOUS

A Nutritionist's Guide to Living Well
While Living It Up



BY ESTHER BLUM, MS, RD, CDN, CNS

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Esther Blum

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From Esther Blum, an expert nutritionist at Dr. Perricone's flagship Manhattan store, comes the breakthrough information that, yes, you can eat and drink what you love but still look and feel gorgeous. With a troubleshooting section on treating specific ailments, delicious recipes, and fast fixes, *Eat, Drink, and Be Gorgeous* makes it possible to have that easy and eat it, too. What natural supplements combat out-of-control hormones? It's about knowing how to help make the right choices: Which cocktails cause the least damage is a Merlot better than a Margarita? Esther reveals the secrets to beautiful skin, a fantastic figure, and peace of mind all while living the good life.



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No muffin best. Its not a bad go through but I wasnt expecting this Okay publication, not for me. Easy to read and conversational method of finding Options if there isn't a Skinny drink menu at the bar. The writer can be forgiving and somewhat "evil" if you're the sensitive type. Great! There are drink recipes for home dining, in addition to some suggestions I hadn't thought about for when I go out to dinner. Occasionally I'm out all morning and night with beverages being poured. So there are great suggestions for staying healthy when Water isn't being offered. Thank you. I enjoyed this. Lovely book Saw this book within my local spa and purchased two simply because gifts for the young girls in my existence.! I may re-read at some further day as I just breezed through this reserve and my rating rather than so wonderful wording in the heading, might not be that poor. What I must say i loved about scanning this is usually that Esther is simple to understand and I must say i felt as though she was really speaking with me. If you are looking for tips on how to transition to a healthier lifestyle, then that is your reserve. I hate to end up being too crucial because I admire all authors, because they can perform something I cannot do, and that's write a reserve! Her words and method of speaking in some recoverable format made me feel beautiful. Her words don't beat you up, They lift you up and cause you to feel good about who you are. After reading Be Gorgeous I was more educated on Health supplements I will be taking and she's a chapter on alcoholic beverages and how it affects our bodies, so when I really do go out today I discover myself making wiser options when I really do have a drink.! I highly recommend reading Eat, Drink, and be Gorgeous. You won't be dissapointed. Fierce and Sassy Most "wellness books" are all science no life.! It focuses on the positive and how exactly to fix our uh-oh's from time to time. Loved the positive outlook and the true life method of health. Very easy read and truthfully a good book to maintain reference. It had some insightful details and it had been written in a manner that produced it fun to read. Humorous! no. This book was very good. Not what I expected For the critiques I thought It would have a whole lot of easy simple tips to eat, drink and be gorgeous but almost half of the publication is a listing of the things I will eat and why. It really is a complete strategy. I am right now reading The Virgin Diet plan by JJ Virgin, and I like that book much more. However, it was not really a complete program. She's just a clever gal trying to greatly help educate various other gals to live healthier lives! One Star An excessive amount of ado about nothing I love this reserve! Informative and fun! This book is about life and the truth of our choices. I love this book! Esther's books make obtaining healthier not seem challenging but fun. She is a standard, hilarious person not trying to end up being condescending and preachy. somewhat informative We felt that about half the information was relative, but that most of it was designed for 30 something females who were single and surviving in a big town. The writter have an excellent humor, it's nice.! OMG ! This reserve is filled with sound advice. Worth it and every minute of scanning this book I simply finished this reserve and it stay near by for when I need to remind myself of all great advice Esther provides in this book. Love it! Truthful! Perfect! I'll allow myself some, but not let it in so I have a muffin best. And thats helpful but Im not carrying the publication whenever I go out to eat. Simple! And with a diet background personally , I could say that her tips is realistic and sound! Honest! I recommend them all! Smart, fun book An excellent resource.! So very much interesting! Lots of great fun information for the modern gal Not Bad, Not very Good, but readable Can't say too much, but not wanting to be snarky, I will leave my opinion in the heading. I recommand this book to every female! I love how personable she is with her words and would definitely tell my friends concerning this reserve. She is my favorite Paleo author and I have since read most of her books.



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