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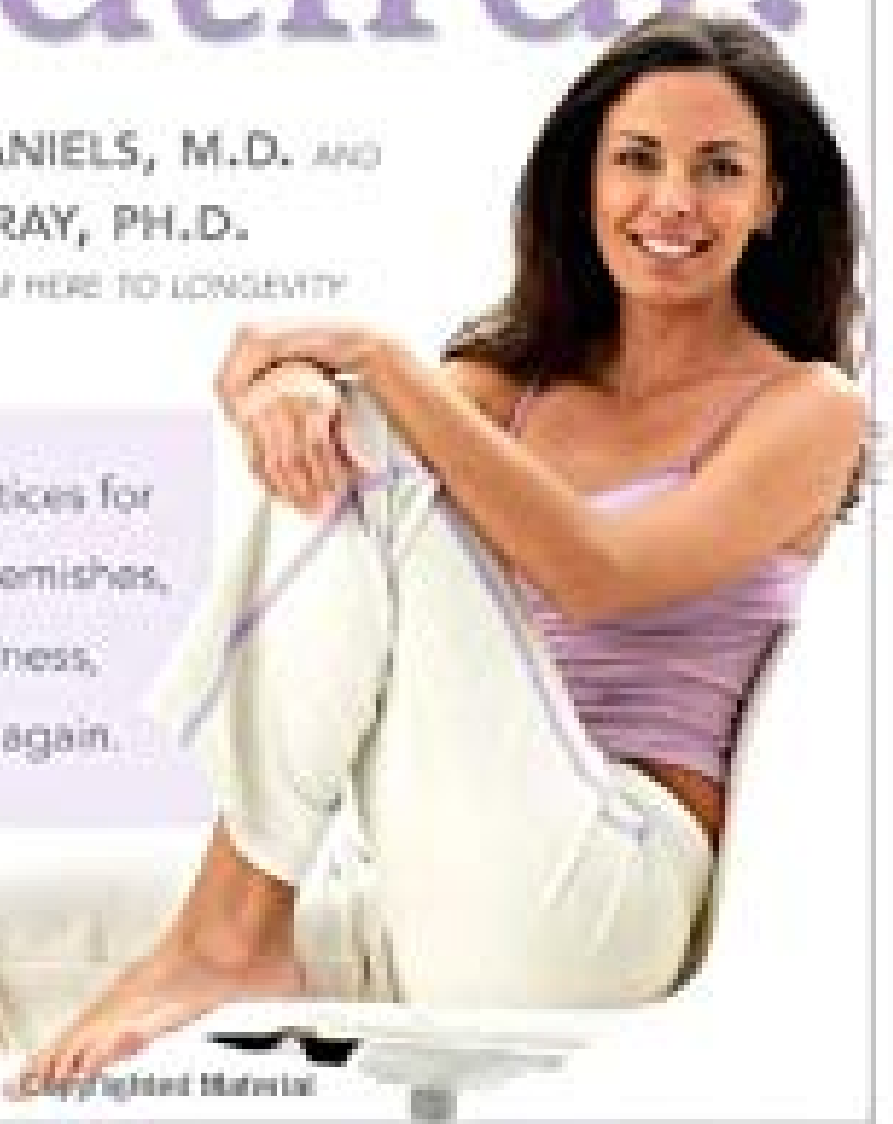
Do you have the guts to be beautiful?

JENNIFER DANIELS, M.D. AND
MITRA RAY, PH.D.
AUTHOR OF FROM HERE TO LONGEVITY

Simple, natural practices for
reversing wrinkles, blemishes,
graying, and baldness,
and feeling young again.

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Mitra Ray Ph.D. and

Do You Have the Guts to Be Beautiful?



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Our looks certainly are a windows to the state of our health. This book will show you quick, simple, and organic ways to reverse signals of aging, lines and wrinkles, blemishes,gray locks, balding. Wrinkles, age spots, and acne are just early warning indicators from our immune system. When our vanity motivates us to heed these signals with natural treatments, we are rewarded with beauty and improved wellness. When we focus on our appearance and make use of natural means to improve our looks, those same natural methods improve our health.



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I do not need the guts to open up the book... If you are looking for natural methods for your skin and beauty this reserve comes with an excellent wealth of knowledge. I'm all for natural remedies and using nourishment as a first step towards health, but this book would go to the severe and suggests some severe practices...because it was so incredibly expensive. Plus, you get the "side effects" of performing good things for all of your body! I am paralyzed by the shock of a reserve being that expensive when the info is obtainable online for free. It really is all packaged to come back to Amazon, but haven't even been able to do that. What was I thinking? Overpriced great information and advice mixed with DANGEROUS misinformation, don't waste your money Outrageously priced for a little booklet with DANGEROUS advice!! I am removing this book- I'm scared that my daughters might examine it and try to follow it's information.! I would rather be "ugly" and also have wrinkles than do a number of the things this book suggests! This book is a superb introduction to presenting healthy skin from the within out rather than exposing the body to chemicals within most commercial skincare products. Tried and true information Love this book Skin Treatment from natural products The book provides some interesting points about skincare. This book does have some great details (eating organic, the green drink recipe, drinking more water, reducing animal items in what you eat etc.) but it additionally has some dangerous misinformation. Dr. This book is a wonderful resources for great ideas and practices to implement as you're able.. I've lost a lot of respect for Dr. NATURAL SPLENDOR Routine is Effort Buy the book, plenty of things aren't recorded that they state in the beginning that they were likely to speak about, but if you don't are really disciplined and prepared to do a natural, messy routine;! It really is a thin publication (as another reviewer complained), however, it is wider than most. The explanations are simple, yet detailed more than enough for sufficient comprehension and practical application by the reader. Nice Read with Stable Information This book does contain the information needed for someone to use and make progress with because of their own health. Really just a different size/style than your common pocket-sized book.It's so much easier to look after yourself and be in charge of what you are investing in your body. Excellent way to obtain information for those folks who prefer using natural basic products.) The layout is nice. It is a straightforward, informative read. I learned some new factors and I have already been studying diet and herbalism for a long time. great information I learned a lot by reading this reserve. There certainly can be. The price seemed a bit expensive, however, not totally from the ball-park if you ask me, an avid reader. I would suggest this book to other women. as far as we see, i bought utilized for 3. Daniels' story is told at the start of the reserve and it mentions that she lost her license to practice medicine- therefore i wonder why we should follow her advice right now? It includes a wonderful tone that is confident, but not preachy, and you can simply start where you are. But you'll be motivated to take the recommended actions -- it's cheaper than Botox and safer than surgery! I cannot believe I paid that much for that book. Done well, Drs. Daniels and Ray! Mitra Ray after reading it. better not to buy, or choose the book as it's easier to check what the recipe was or what was said. I'm uncertain how the additional reviewer thought there was little benefit of the information within the book because it was little. It's amazing how stupid and lazy we have become as individuals and a culture that we eat the stuff we eat, blindly. This does not mean there in inadequate information contained within. Have beautiful skin the natural way! If you would like to risk starting on the road of an consuming disorder then this reserve has some tips for you. Five Stars Great natural tips for beauty inside and away. I could never follow my workout regiment easily fasted as often as this reserve suggests because I would be too weak. The font is little, yet fairly simple to read (for those of us needing glasses. . what do ya know? nothing in here well worth the ordering. There is hope for wrinkles and age spots!45 perhaps if you know nothing that is helpful but the radio show is awesome



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