

The book cover features a vibrant pink background adorned with a dense pattern of various fruits and foliage, including strawberries, raspberries, and leafy greens. In the center, a maroon-colored box with a decorative, slightly irregular border contains the title and subtitle in white serif font. A small yellow floral ornament is positioned between the title and subtitle.

EAT PRETTY

NUTRITION FOR BEAUTY, INSIDE and OUT

Jolene Hart, CHC, AADP

Jolene Hart

Eat Pretty: Nutrition for Beauty, Inside and Out



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Nutrition is the fastest-rising beauty trend around the world. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting advantage: walnuts for supple epidermis, radishes for strong nails. Eat Pretty simplifies the most recent technology and presents a userfriendly program for gorgeous looks, at any age group, that last a lifetime.in the kitchen, at the grocer, and on the run. Eat Pretty presents a full lifestyle makeover, exploring tension management, hormonal stability, and mindful living. Charts and lists, plus almost 20 recipes, make for a delicious and infinitely useful deal— But healthful substances are just one aspect of beauty nutrition.



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Beauty for Foodies! If you're seeking to be a better you this year, you need this book by Hart. It'll teach you how food is definitely what nourishes your skin, hair, and bones. The recipes in the publication are stellar (I should know as I am a chef myself) and the design is just gorgeous. She describes each ingredient and lets you know exactly what in your body it aids. An enjoyable read that allows for the bettering of oneself. Get this book! Eating to Be Pretty I am in love with the whole Eat Pretty series. The collection of books and the journal have really helped modify how I look at food. Recommend! It keeps me focused on what I am eating and why I am consuming it. therefore you can see the exact properties of each and what they do for you. While I did read the publication cover to cover, it is also a reference book. Would recommend this book Eating pretty gave myself my very best hair skin and nails Truly life changing! I really like that Jolene goes into detail about each veggie, fruit, etc. I recommend these books to anyone that is serious about nutrition. I really like them, and certainly recommend!.. Great book for anybody wanting to change they method they eat and appearance at food. Actually inspires you to try new food and veggies, in a manner that is a interesting rather than patronizing. Includes some fine dishes and explains how different foods nourish your body. Great book about holistic nutrition! And it's really not random ingredients you have to visit the health grocery for, simply regular potatoes and nuts and the works. Easy to digest, great dietary info, and an upbeat tone. Eating pretty gave me my absolute best hair skin and nails. Nutrition guru! People kept telling me I experienced an amazing glow and I hardly ever got that compliment before Eat Pretty arrived to my life. Not finished with the book yet however what I have read so significantly I enjoy. Though it seems redundant sometimes I think I could read this reserve 3 times over but still become bettering myself with each examine. Will be reading again! Beautiful and Informative I really loved this book!! Got it for a friend and simply bought Eat Fairly Live Well. Great read This is an excellent book. And it functions! It's like a cozy sweater. First of all, it's adorable-small, beautiful cover. lovely book I have 3 of the books by Jolene Hart, plus they are all so inspiring! Great book for anyone attempting to change they method they . Pretty tips and pretty meals . But inside lies the real beauty! I have read it and utilized it as reference for a number of months now. Bso very much insight on how best to feed your epidermis through eating pretty. Pretty , Pretty , Pretty That's what this book is all about. They have become helpful, and I really like the recipes in this one! Five Stars good Decent If you've not browse any other diet books and are motivated by looking your very best, this would be a good starting stage for you. There's plenty of info gathered into one place, but non-e of it is new information or groundbreaking. I much prefer other nourishment books I've browse, but I'm more interested in reading about the science behind why things work than the effects diet plan can possess. Overall I was underwhelmed after purchasing when it had been on sale predicated on the glowing reviews. ... yet however what I have read so much I enjoy. I loved how knowledgeable the author was while writing this book.



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