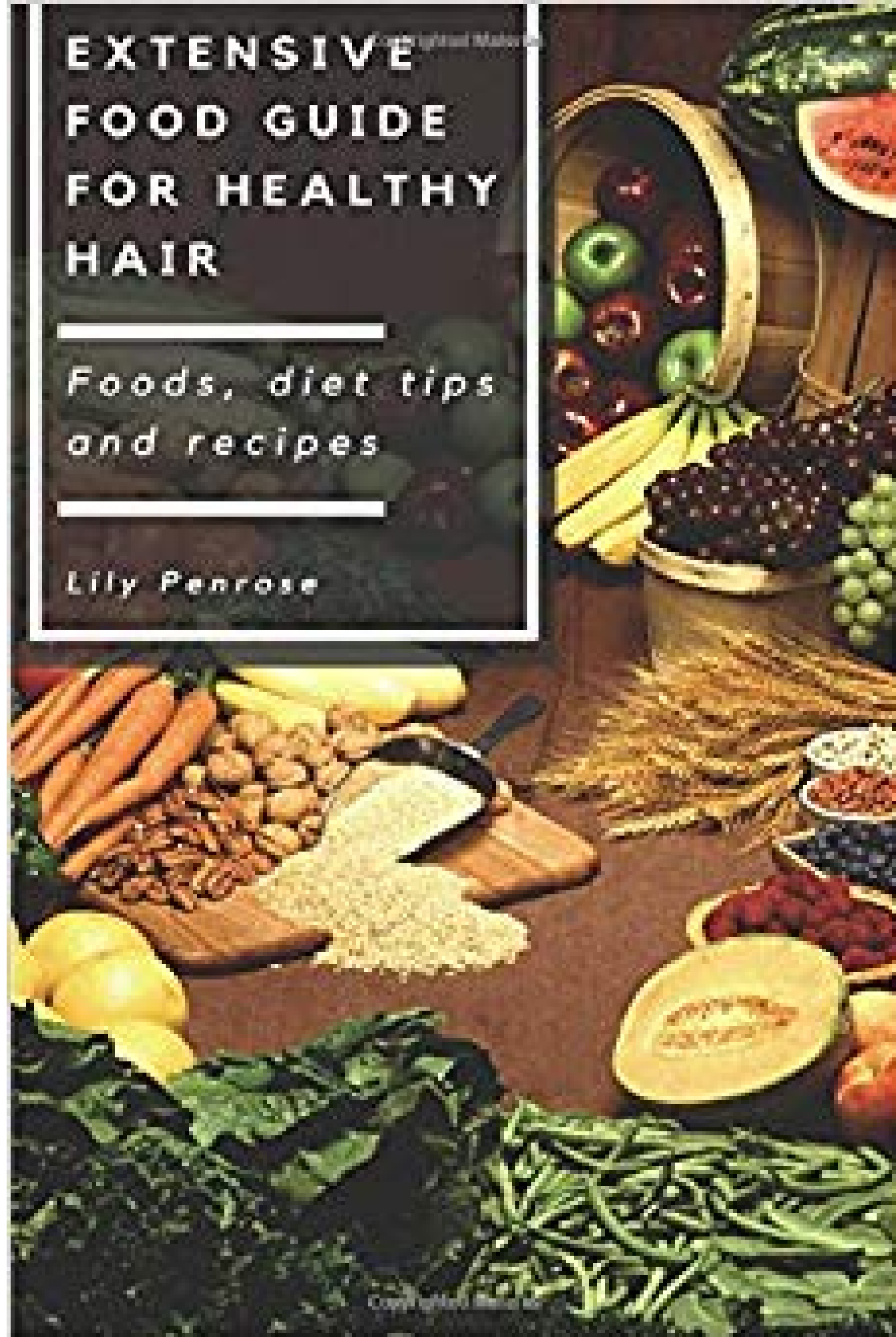


EXTENSIVE FOOD GUIDE FOR HEALTHY HAIR

*Foods, diet tips
and recipes*

Lily Penrose



Lily Penrose

Extensive food guide for healthy hair: Foods, diet tips and recipes



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Have you got hair health problems? Is your hair poor or are you dropping hair? Are you ready to dive in to the world of superfoods that may improve your hair health? I am passionate about posting my knowledge through my books and helping other folks deal with the issues I've struggled with. I will tell you and teach you about: 15 superfoods that promote healthy hair growth (pages 4 - 9) 8 diet tips for strong and healthy hair (pages 10 - 13) Specific recipes (pages 14 - 55) Main dishes (pages 15 - 30) Salads (webpages 31 - 34) Breakfast meals (web pages 35 - 42) Desserts (pages 43 - 55) All these recipes are guaranteed to be delicious, healthy and promote your hair growth and wellness! I am a self-taught but certified organic health specialist. This book will solve all your hair health problems and answer all your questions when it comes to curing and maintaining locks health by consuming healthy foods. I am Lily Penrose - a health insurance and beauty article writer who offers been interested in holistic, alternative and organic healing methods for a long period. Do you want to make your hair healthier in an all natural way? Scroll up and strike that buy button!



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A great healthy cookbook! This book is perfect for anyone who wants to cook healthier in the home. I am blessed with naturally healthful, strong and thick locks, but my husband has a hair thinning line and so this book gets the perfect ideas steps to make his hair stronger." The quality recipes included are something you wouldn't brain eating everyday they range from breakfast to supper. I usually stay away from cookbooks due to how expensive they are but this book isn't. The recipes make a majority portion of the book, however the beginning section which includes the nutritional ideals of foods is effective to make small changes in your daily intake without having to consult the recipes. Reading this publication has given me a great history on changing my diet to have far better looking hair. My overview of the extensive food guide I just started reading this great reserve. I was looking for a book that would help me eat more healthy and I found it. Well written, clear to see and delicious food options. Grow HAIR GROWWW Truth be told I've absolutely horrible hair. Some of the foods that it discussed regarding their high diet value I understood, like bok choy but I was also presented to some new items like Wheat Germ which makes your hair healthy. The recipes sound delicious and I'll certainly be using them in the near future. Great book for healthful living This is a great book, not only for watching your health with great recipes, but it also provides you with a whole lot of information on common foods which are an easy task to incorporate in your dishes by yourself. I would recommend it. It breaks everything down from quality recipes to exclusive foods and provides u an explanation to why exactly these foods are good for your hair which I value because I'd rather understand why I'm eating these things instead of randomly eating foodstuffs praying for my locks to actually look healthy. The recipes included aren't random nasty "consume this jellyfish with salt and cumin to get better hair. The recipes are surprisingly super easy to check out and fast to read. All in all, this book appears to have everything I need to start on the right path and keep going. Love it !! The recipes in this book are very simple and nutrition's. I was searching for a book that would help me eat much healthier and finally I discovered it. I would recommend it. The best book so you can get naturally healthy hair This book is great to help modify your daily diet to have healthier hair. Not only does it tell you what you should add to your diet, it also gives a bunch of quality recipes to follow. The quality recipes in the book have become simple and healthy. The first part of the publication explains the health benefits of a number of different ingredients that are excellent for your locks. This book is ideal for anyone who would like to eat healthier and not spend so much money carrying it out. Overall, it's a great book if you want healthier hair by natural means by changing what you eat instead of using different hair products. I love how it includes health information about each recipe and later on, it lets you know exactly how to create it! The quality recipes are organized by different meals of the day, which I found most helpful. The publication has over 40 quality recipes from breakfast to dessert, plus they are very simple, easy to follow dishes. My just gripe (and the reason behind 4 rather than 5 stars) is that we now have no photos of the recipes, in any other case a great cook book. BALANCED DIET, Healthy Hair Wonderful book if you are looking to take action good for your hair. Easy recipes This is an excellent recipe book, particularly if you are having problems with unhealthy hair. Like another reviewer talked about, there aren't any images, I love everything else about the e-book.



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