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Stephanie Gerber

Sip & Glow: Nourishing Beverages for Health, Wellness & Beauty



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The road to health, wellness, and beauty will come straight from a glass. Turn to quality recipes in this collection of 50+ smoothies, juices, teas and fruity blends to improve energy, rev up metabolism, detoxify, fight irritation, promote healthy hair, nails, skin, and more. With gorgeous photography and simple dishes, Sip & Enter Sip &ve lengthy known that diet comes with an immense influence on our weight, energy, and overall health, but what we eat also shows up in our complexion, hair texture, and nail strength. Glow—s to fresh juices and infused waters, that make drinking for beauty and wellness throughout the day both easy and enjoyable.a collection of more than 50 plant-based elixirs, from smoothies and lattéWe' Glow is usually your go-to guideline for supporting a healthy lifestyle and natural splendor regime with delicious blends of super-ingredients that help you appearance and feel your very best. It also carries a fundamentals section with a straightforward guide to essential nutrients and the things that best source them, mutually beneficial ingredient blends, and inspired concepts for cultivating, serving, and storing nutritious beverages.



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