



THE COLLAGEN GLOW

A GUIDE TO INGESTIBLE SKINCARE
SALLY KIM

Sally Olivia Kim and

The Collagen Glow: A Guide to Ingestible Skincare



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And today that collagen is easier than ever to find and make use of, in powdered and liquid supplements, readers need The Collagen Glow. All of the lotions, potions, and skin-tightening masks on the planet won't accomplish what a daily dosage of collagen may do. She noticed that collagen is in fact the key to the world-renowned "ten-stage" Korean beauty routine. It includes information on how collagen is certainly harvested, what to look for in an ingredient list, and how to take it to the next level with a straightforward 10-step plan. Skincare business owner Sally Kim grew up drinking her Korean grandmother's bone broth? essentially collagen broth? so when she experienced a painful burn and turned to collagen to heal and regenerate her epidermis, it had been an epiphany. Filled with 40 delicious dishes, this book may be the ultimate guide to selecting and using collagen. Here, Kim gives a different ten-step strategy that includes ingesting collagen once and for all skin, healthful joints, and strong hair and nails.



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Definitely a must-purchase and a perfect gift for your health-conscious loved one or friend. Inspiring! Sally brings a compelling, personal touch to a controversial subject: Collagen. Great Gift! sheds light on the variations and intricate details of where it can be found and how exactly to best consider it. She outlines her knowledge with this natural material & I must tell you, after reading the Collagen 101 portion and connecting it with Sally's anecdotes of her halmuni's (grandmother) cooking food... I'm Sold! Extremely Informative &



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