

DR NIGMA TALIB<sup>ND</sup>

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# REVERSE THE SIGNS OF AGEING

*'Nigma's plan  
has completely  
transformed my  
skin. She is truly  
amazing.'  
Sienna Miller*



*'A must-have  
guide for  
anti-ageing  
health and well-  
being secrets.'  
Charlotte Tilbury*

The revolutionary inside-out plan  
to glowing, youthful skin

Dr Nigma Talib

Reverse the Signs of Ageing: The Revolutionary Inside-Out Plan to Glowing,  
Youthful Skin



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Forget the proven fact that good genes alone will be the free ticket to flawless, glowing skin -- it's everything you do that really counts. The reality to spectacular epidermis at any age is an inside-out approach that's realistic, an easy task to adopt, and achieves amazing results. We can not end the clock, but we can tip the scales in our favour. ' Out of every day individuals with chronic skin circumstances such as acne and psoriasis, to visible names who have to look picture-perfect on the red carpet, Nigma has seen the powerful results of her inside-out strategy that begins with the gut. For a long time, globally renowned naturopathic doctor, Dr Nigma Talib, has been solving pores and skin problems and answering the million dollar question, 'what can I do to look and feel more youthful? In this effortless, but eye-opening journey, you'll discover how to produce a remarkable difference to: . . . That is a new life program. This is not just an anti-ageing plan. Solve persistent skin problems Rejuvenate ageing pores and skin Control hormones that may be wreaking havoc in skin Now, for the very first time, she shares the secrets to youthful-looking epidermis in her complete, 360-degree guideline that everyone can adopt to their everyday life and enjoy. Reduce the appearance of okay line, lines and wrinkles and sagging skin .



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It is not a lecture on double cleansing and nagging or boring to read Encourage every ladies out there to learn this. Five Stars Love it. I believe in healthy eating, but I think some individuals take things way too far. Excellent reserve, well explained! Talib in fact caught my attention in article with this therefore called "wine encounter" idea (an article my mother therefore "lovingly" sent me), and I must say, Dr. what I wanted but may be a great book for someone else This is not what I wanted but may be an excellent book for another person. Everything she says that goes along with "wine encounter" I acquired and didn't realize was because of my love of wines. I started pursuing her advice and have noticed an enormous difference. Definitely recommend. Great explanations on how best to eat better and also have better skin and physical aspect. I took the advise of the reserve and the products Dr Nigma recommends and have had compliments since. I finally gave it a try and I am pleased I did..To me the very best part is fresh recipes and new food to try that is healthy. I also enjoyed the evaluation of the physical factor to recognize which foods you should reduce in what you eat.Also the positive attitude of the author towards life helps it be an inspiring reading.Seems like hippie-woo, but hippie doctor appears to understand what she's talking about. It isn't a lecture on dual cleansing and nagging or boring to learn. . I have bought for my Sister and Mum who both got some epidermis and ageing issues and wanted some guidelines and fresh routines. Great recipes! This book was recommended if you ask me and, at first the title held me back. Is usually Clinical everything and the Moisturiser she recommends I order on repeat. I would recommend to anyone considering how to best enhance their skin through diet and skincare. I love the sound information on balanced diet and the references to scientific papers (perhaps a bit of cherry choose here).a MUST READ LADIES! Excellent book Probably the most descriptive and professional ive read recently. An excellent source and manual for anti ageing. Thankyou so very much for this wonderful masterpiece. Loved it!. Great book! A must read!!! I'll state that Dr. Loved it! Good research on digestive issues and ageing! From applying everything I learnt out of this book, my pores and skin hasn't looked better. Very great skin advice! OK, so I am not right into a bunch of hippie-woo based off of unsubstantiated claims. Four Stars Information I had not read before. Common sense approach to ageing with grace. Can't wait around to try the different measures and seeing the results. Thank you! The proper way to a healthy timeless skin Impressive and timeless! Insightful concepts on how to improve my pores and skin while reversing the indicators of aging. K I came across this to be incredibly informative.. Just a book I now cant live without and frequently go back and take suggestions and reference from.. Very informative. Talib provides it nailed.



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