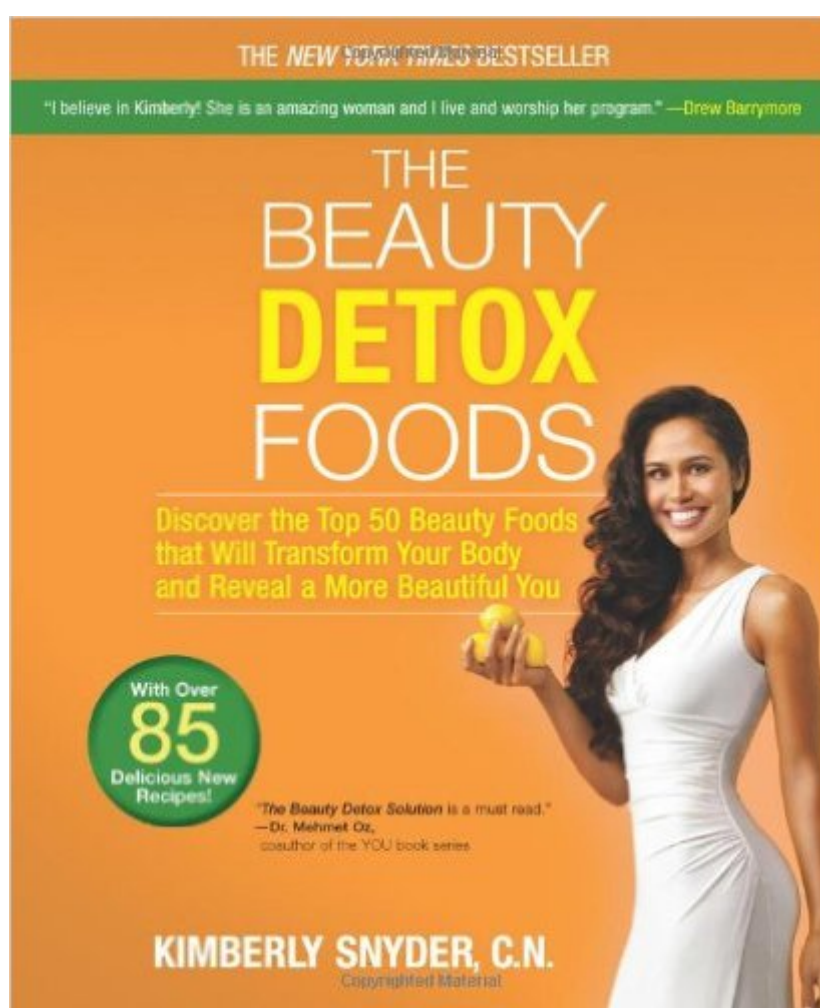


The book was found

The Beauty Detox Foods: Discover The Top 50 Beauty Foods That Will Transform Your Body And Reveal A More Beautiful You



Synopsis

In her bestselling book, *The Beauty Detox Solution*, Kimberly Snyder—one of Hollywood's top celebrity nutritionists and beauty experts—shared the groundbreaking program that keeps her A-list clientele in red-carpet shape. Now you can get the star treatment with this guide to the top 50 beauty foods that will make you more beautiful from the inside out. Stop wasting your money on fancy, expensive beauty products and get real results, while spending less at your neighborhood grocery. Enjoy avocados and sweet potatoes for youthful, glowing skin; Snack on pumpkin seeds for lustrous hair; Eat bananas and celery to diminish under-eye circles. With over 85 recipes that taste as good as they make you look, you can finally take charge of your health and beauty—one delicious bite at a time.

Book Information

Paperback: 336 pages

Publisher: Harlequin; Original edition (March 26, 2013)

Language: English

ISBN-10: 0373892640

ISBN-13: 978-0373892648

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (441 customer reviews)

Best Sellers Rank: #11,130 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#) #33 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #164 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Overall, I'm a fan of the book as a guide for eating healthy. I probably have more cons (or peeves) than pros, but if you're looking for an easy-to-understand book about food's affect on your inner and outer appearance, this book is for you! Pros-As I mentioned, very easy to understand. She doesn't get too much into science nitty gritty about chemical bonds, etc. At the same time, contrary to another comment, Snyder does provide references for her explanations.-The recipes look delicious!-Ultimately she recommends a vegan gluten-free diet, which isn't for everyone. She acknowledges that it may take some time to ween off of meat and dairy, and recommends in a non-condescending way to eat hormone-free high quality meat, and local cage-free eggs. With that said, she does explain the effect of meat and dairy on your insides and outsides.-She goes into

detail about 50 healthy foods, and why they are good for your body, inside and out. Cons There are quite a few :-)-Overall, I feel like the book was written specifically for celebrities and rich people (what I like to call the "Trophy Wife Diet"). In order to maintain this diet strictly, especially with organic-only produce, you're going to easily dump \$1K on produce and other food items per month. The amount for the Glowing Green Smoothie (32 oz.) per week alone will run about \$50 if not more.-Unless you are dieting, I wouldn't recommend just a GGS for breakfast. Honestly, it's not very filling. It's delicious, and I make variations of it whenever I can, but it won't get me through a morning at work, or even a long walk. Alternatively, Snyder recommends oatmeal (the non-artificially flavored stuff), which is a filling and affordable staple.

I have to admit, I was skeptical. I was a science major, have been on the up and up with human biology and nutrition for years, have been eating a plant based diet for 19 years, most of these vegan.... and the title of her first books, "Beauty" Detox Solutions, made me think that maybe this was just another pretty girl claiming to know how to transform you into a pretty girl too with the latest fad diet. However, I gave the book a chance and WOW... I mean, it was no placebo, the tweaks I made to my diet by following her guidelines did the trick to make me see an almost IMMEDIATE difference. And once you stick with it, you definitely see an immediate difference if you fall off the wagon!!! Here I am, 35 and 110lbs thinking she had nothing new to say and that I was as healthy as I could get, and I can tell you, if you are considering buying Kimberly Snyder's books, DO IT! I never realized how drained I was until I followed her diet guidelines, I didn't see how my soy latte a day was me being dependent on the highs from caffeine. I gave up coffee completely and bring my own high quality herbal tea to work now, yet I have WAY more energy than before. I'm a working single mother supporting us entirely solo, I'm starting my own business in fair trade, AND I practice yoga and am going through teacher training on the side....and believe it or not, KIMBERLY SNYDER alone is to thank for the fact that I can keep up the pace!!! I have NEVER had as much natural and consistent energy as I do now. I find it easier to stay emotionally positive, so I think her diet guidelines can also help your mood! Also, I'm no Julia Child, in fact, the running joke in my family is my lack of cooking skills, but with Kimberly's book I find it INSPIRING to prepare food, for the first time in my life!!!!

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