



Younger Skin in 28 Days: The Fast-track Diet for Beautiful Skin and a Cellulite-proof Body

By Karen Fischer

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Younger Skin in 28 Days: The Fast-track Diet for Beautiful Skin and a Cellulite-proof Body, Karen Fischer, 'Your best weapon against skin ageing is your fork!' Beautiful skin is not only for the genetically blessed - everyone can enjoy the self-confidence that comes from looking their best, regardless of age. In 'Younger Skin in 28 Days', award-winning author and nutritionist Karen Fischer reveals how you can firm and tone your skin and take years off your appearance in a matter of weeks. Among the many skin conditions that can be improved are: * cellulite * wrinkles * dry skin * sun damage * acne * rough and bumpy skin * age spots and hyperpigmentation. Karen reveals the best skin-care products and supplements for younger skin, and includes a 3-day alkalising cleanse to fast-track your results as well as a 14-day menu plan featuring delicious, quick and easy recipes. You might find you start feeling younger too, as the nutritionally balanced health program also helps to: * boost energy and concentration * promote healthy weight-loss * strengthen bones, hair and nails * reduce the risk of type 2 diabetes * lower cholesterol...



READ ONLINE
[1.6 MB]

Reviews

The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).

-- **Kaya Rippin**

Simply no words and phrases to spell out. it was writtern extremely perfectly and useful. I am easily could possibly get a satisfaction of looking at a composed publication.

-- **Prof. Maudie Ziemann**