

Eating for Beauty

By David Wolfe

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Eating for Beauty By David Wolfe

In *Eating For Beauty*, author David Wolfe, one of America's foremost nutrition experts, describes how to cleanse, nourish and beautify by utilizing the benefits of a fresh-food diet. The lessons contained within this book can be applied to improve one's appearance, vitality, and health. This book is about how to become more beautiful, not just how to maintain beauty or even slow the aging process. It is about rejuvenation at the deepest level, and the enjoyment of life.

This book contains the key for creating beauty within oneself through diet and other complementary factors. Though it explores the role of yoga, beauty sleep, and the psychology of beauty, this book is primarily about the way to eat for beauty. The Beauty Diet is based on principles of raw nourishment—representing the cutting edge nutritional science.

With scientific explanations of the human body's chemical reactions to various elements of nutrition, physical activity and sleep, this book provides a guide for how to reach your potential for beauty. More than 30 gourmet "beauty recipes" and in-depth descriptions of beneficial foods help to steer beauty-seekers down the path of aesthetic enlightenment. The magical, beautifying secrets held within this book will help the human race reclaim one of its most divine attributes: beauty, inside and out.

* Note: the following text is missing from page 42:
" … recommend that you include more proteins (amino acids) in your diet in the form of some of the protein-rich foods listed on page 41."

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Editorial Review

Review
"*Eating for Beauty* will open your eyes to the hidden treasures of a healthy diet and open your body to a fulfilling and vital existence."
—Anthony Robbins, Author of *Awaken the Giant Within* and *Unlimited Power*

"David, I believe you are at the heart of a movement that will sweep the planet in 15 years."
—Woody Harrelson, Actor

“David Wolfe shows us how to use raw organic foods to transform ourselves from the inside out… It's a fun book to read, filled with nutritional nuggets and inspiration.”
—*Eco Mama’s Guide to Living Green*

About the Author
Considered the world’s leading authority on raw-food nutrition, David Wolfe is the author of the best-selling book *The Sunfood Diet Success System.* He conducts 70 to 80 health lectures and seminars each year in the United States, Canada, Europe and the South Pacific, and hosts at least five health, healing, and beauty retreats each year at various retreat centers around the world.Wolfe is the middle son of two medical doctors, and has an extensive educational background, which gives him a unique perspective in the health field. He holds degrees in mechanical and environmental engineering, and in political science. He has studied at many institutions, including Oxford University. He concluded his formal education by receiving a Juris Doctor in Law from the University of San Diego.In addition to his action-packed schedule, Wolfe is currently completing several new books and playing the drums in his all-raw rock and roll group—The Healing Waters Band. His favorite hobbies include hiking, yoga, nature adventures, surfing, writing poetry, and spending time with loved ones.

Users Review

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