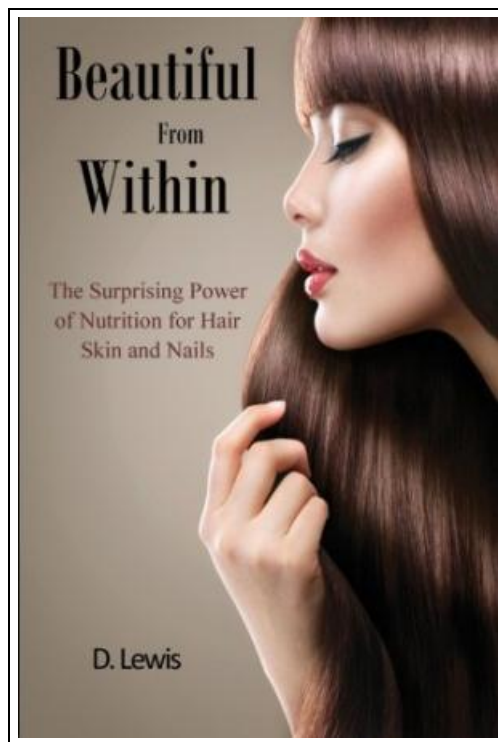


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Beautiful from Within: The Surprising Power of Nutrition for Hair, Skin, and Nails is a clearly written, empowering book on the important role of nutrition for healthy and beautiful hair, skin, and nails. The roles of specific beauty foods and key supplements is clearly explained. Separate chapters on hair, skin, and nails helpfully give many specific hints and tips. There are also chapters on anti-aging and weight loss as well as holistic beauty. There are many great insights on how to improve the quality of collagen and keratin (the two main beauty molecules) in the body. This book is inspiring and informative and should be every woman s guide for optimal nutrition to help her look her best. The author of Beautiful from Within: The Surprising Power of Nutrition for Hair, Skin, and Nails has spent many years researching and teaching this material at countless esthetician and cosmetology academies to thousands of students. Now this valuable and insightful information is available to all women. Some examples of the valuable and useful information include: Keratin, the main protein in hair is composed largely of sulfur-containing amino acids. Eggs are one of the best food sources of these important amino acids. Collagen, the most important beauty molecule in the body is dependent upon vitamin C for its creation in the body. A vitamin C rich diet may help reduce wrinkling and help to keep our skin from sagging and can also help to keep our joints and other tissues strong and safe. Learn why millions of women around the world take silica supplements for their skin and hair. Learn how the trace mineral copper may help with elasticity, as well as hair, skin,...

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