



25 Delicious Recipes for Healthier and Younger Skin (Paperback)

By Mae K Lucas

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you are thinking of getting invasive surgeries or botox, don t lose hope in looking and feeling younger. You can easily look younger just by changing your diet. With this book, you can create easy recipes for breakfast, lunch and dinner, even dessert and snacks! It will be a perfect place to start up you diet and keep you looking younger and more radiant. In this book you will receive the following: -A collection of 25 delicious recipes to help you look younger -Smoothie recipes that will leave you want more -A short introduction on anti-aging foods If you are ready to make the change you need and experience great benefits of proper food intake, then dive into this book and pick a recipe to try.



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