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The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You

Kimberly Snyder

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The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You Kimberly Snyder
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.

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