

# EAT YOURSELF BEAUTIFUL

*Eat Yourself Beautiful* reveals the secrets of achieving inner and outer health and ageless beauty—through simple, delicious recipes using nutritionally rich, anti-inflammatory “beauty” foods. Including over 100 recipes, many of which are free of gluten, wheat, yeast and sugar, this accessible book also features beauty-friendly menu plans and shopping lists. Lee Hoffman provides advice on what foods to avoid, recognizing and identifying hidden food sensitivities and allergies. *Eat Yourself Beautiful* is your definitive guide to edible beauty.



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**Ying Liu**



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