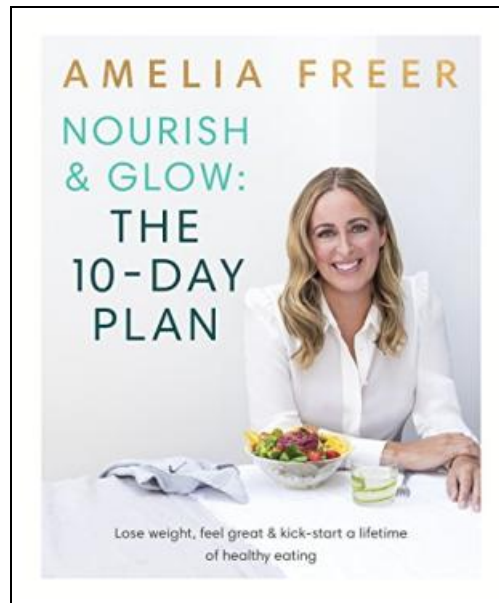


Nourish Glow: The 10-Day Plan (Paperback)



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Reviews

This book will never be easy to start on reading but quite exciting to see. It is actually rally intriguing throgh looking at period of time. Your daily life span will be convert once you total looking over this book.
(Torrance Vandervort)

NOURISH GLOW: THE 10-DAY PLAN (PAPERBACK)



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Penguin Books Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The nutritionist who will change the way you eat for ever The TelegraphGet a head-start and prepare to NOURISH AND GLOW IN 2018 with Amelia Freer s 10-day plan to help you lose weight, feel great and kick-start a lifetime of healthy eating. Nourish Glow: The 10 Day Plan is THE essential guide for all those committed to living a healthier, happier life.-----Discover a healthier a happier you with with the UK s leading nutritional therapist and bestselling author Amelia Freer, as she shares the secrets that see celebrities from around the world knocking at her door.Victoria Beckham, singer Sam Smith, Boy George, Lisa Snowden and Kirstie Allsop are among her transformed clientele. Amelia Freer has taught me so much about food. [you] have to fuel your body correctly Victoria Beckham Amelia Freer is amazing. I ve lost over two stone Kirstie Allsopp Amelia Freer has helped me lose over a stone in two weeks Sam Smith-----In Nourish Glow: The 10-Day Plan, Amelia uses client case studies and evidence-based guidance to show you how fundamentally transform the way you shop, cook and eat - now and for ever.Forget the confusion and negativity surrounding diets and healthy eating, Amelia s liberating and energizing plan will equip you with everything you need to develop and implement a lifetime of balanced eating that is unique to you. This ultimate guide includes: - 50 exclusive gluten-, dairy- and refined sugar-free recipes- Vegan alternatives for every day- Amelia s Positive Nutrition Pyramid to ensure you re eating all the essential nutrients- A 10-day plan that has been developed and refined over Amelia s decade of work as a nutritional therapistFull of delicious, nutritionally balanced recipes, practical guidance and the secrets...



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