

## [BEAUTY FOODS BOOK](#)



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Former beauty director of Indian women's magazines, Vasudha Rai launched her debut book on September 25 at Bikaner House in New Delhi. Titled Glow: Indian Foods, Recipes and Rituals for Beauty

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In the list below you can see some of the top beautifying foods recommended by David Wolfe his book Eating For Beauty: Aloe Vera Believed to be a food of long-lasting youth and rapid healing.

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### **5 Beauty Foods for Natural Radiance EatingWell**

Other food solutions: Basil, apples and spinach are also rich in polyphenols. Foods for Better Sleep Tart cherry juice: You've heard people say they need their beauty sleep and it turns out there's some truth to that, according to a recent study in the British Medical Journal.

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### **The Beauty Detox Foods Discover the Top 50 Superfoods**

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I picked up the Thanksgiving food in front of me this year, and I didn't take a picture of it for the gram. I didn't take a picture of the dessert either, but my heart was filled with such awe, such gratitude at how God has taken the profound weakness, the profound failures, my sins, my idolatries and made something new out of my ED past.

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