



Eat Well: The Easy Way to Look and Feel Fabulous

By Nell Nelson

Headline Publishing Group. Paperback. Book Condition: new. BRAND NEW, Eat Well: The Easy Way to Look and Feel Fabulous, Nell Nelson, We all know we don't eat the right foods all the time but it's so easy to grab something pre-prepared or quick to fit in with our busy lives. But wouldn't you like more energy and a stronger immune system, wouldn't you like to get rid of that lingering cold or get more mobility in your joints, wouldn't you like to have better hair and skin, wouldn't you like to lose a teeny bit of weight and improve your mood? All without going through a whole lifestyle revamp? 'Course you would. EAT WELL provides you with plenty of recipes and ideas to combat the everyday health niggles we all have. And you don't even have to give up chocolate. Eat Well, Look Well, and Be Well.



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