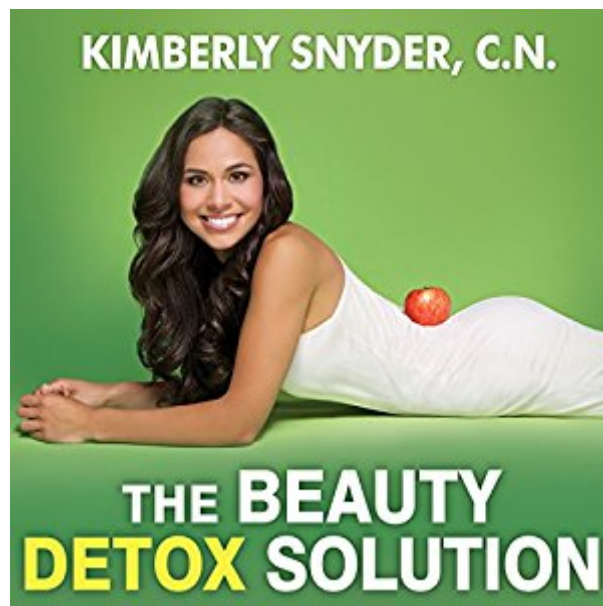


The book was found

The Beauty Detox Solution: Eat Your Way To Radiant Skin, Renewed Energy, And The Body You've Always Wanted



Synopsis

Nutritionist and beauty expert Kimberly Snyder helps dozens of A-list celebrities get red carpet ready - and now you're getting the star treatment. Kim used to struggle with coarse hair, breakouts and stubborn belly fat, until she traveled the world, learning age-old beauty secrets. She discovered that what you eat is the ultimate beauty product, and she's developed a powerful program that rids the body of toxins so you can look and feel your very best. With just a few simple diet changes, you will:

- Get a youthful, radiant glow
- Banish acne, splotchy skin, and wrinkles
- Grow lustrous hair and strong nails
- Get rid of the bloat, melt away fat, and never count calories again!

Book Information

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#114 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #165
in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

Customer Reviews

So why not give this book 5 stars? Because the diet is on the extreme side and leaves me with more questions than answers. For example, where do I find nutritional yeast? First of all, Kimberly Snyder did a wonderful job explaining how our stomach breaks down each type of food and why she recommends eating foods in a particular order to make it easier for our bodies to digest and then absorb nutrients. Her theory is that if it's easier for our bodies to digest, absorb, and eliminate, our bodies have more time to heal itself (this is where the beauty part comes in) rather than just focusing on digestion 24/7. Second, it makes sense if we cut out animal protein, dairy, alcohol, and anything else that makes our bodies acidic, from our diets and replace them with produce so that we'll be healthier and maintain our weight. It's just hard to swallow that information and put it into practice on a daily basis. This book gives you so much knowledge and then you end up feeling bad that you aren't putting everything into practice. As you can tell, Kimberly Snyder pushes vegetarian

and vegan diets as the healthiest route but she does say you don't have to give up meat all together. She recommends no more than three dinners a week with meat, preferably not land animals. She also highly suggests eating raw since none of the nutrients are lost to cooking. Again, it makes sense but dang it I like to steam my veggies! The one thing Miss Snyder recommended that I had never heard about was eating fruits by themselves and nothing afterwards for at least 20 minutes since our bodies absorb them so fast (when eaten by themselves) and make are intestines very acidic.

The best things to keep in mind about this book are 1.) It's not a crash diet or quick fix, it's a lifestyle choice aimed specifically at beauty results. 2.) Even the author tells you to mostly focus on taking what will work for you and that the changes are GRADUAL. 3.) If you care enough about anything you read in this book, or general nutrition for that matter, you should follow it up with your own research (or ask a doctor) to decide if it's really worth giving any credence to IE: real concerns about why you should avoid dairy, soy and gluten. I think her book should have included more focus on the importance of a good probiotic over how awesome she thinks her cabbage salad is (raw unpasteurized sauerkraut). What is the difference between that and other homemade enzyme/probiotic supplements? Why was the only mention of kefir about dairy? If you're eating her AMAZING salad recipe why do you need to take extra separate enzyme and probiotic supplements? She spent one page talking about probiotics that hardly included any facts to back up her claims. Three and a half if you count her opinions on enzymes and her salad recipe. While she cites 8 different books on these subjects in her endnotes I'm left feeling like they were just sources of vague like-minded postulations with nothing to solidify the importance of probiotics and enzymes. Either that or she deliberately chose to omit facts. Personally, for probiotics I make water kefir (using non-dairy based water kefir grains) which is significantly cheaper and better than anything you'll buy in a store. Also in my own experience, I have saved money on groceries by being in the habit of shopping based on price per pound/ounces and picking non mega chain grocery stores or farmers markets.

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