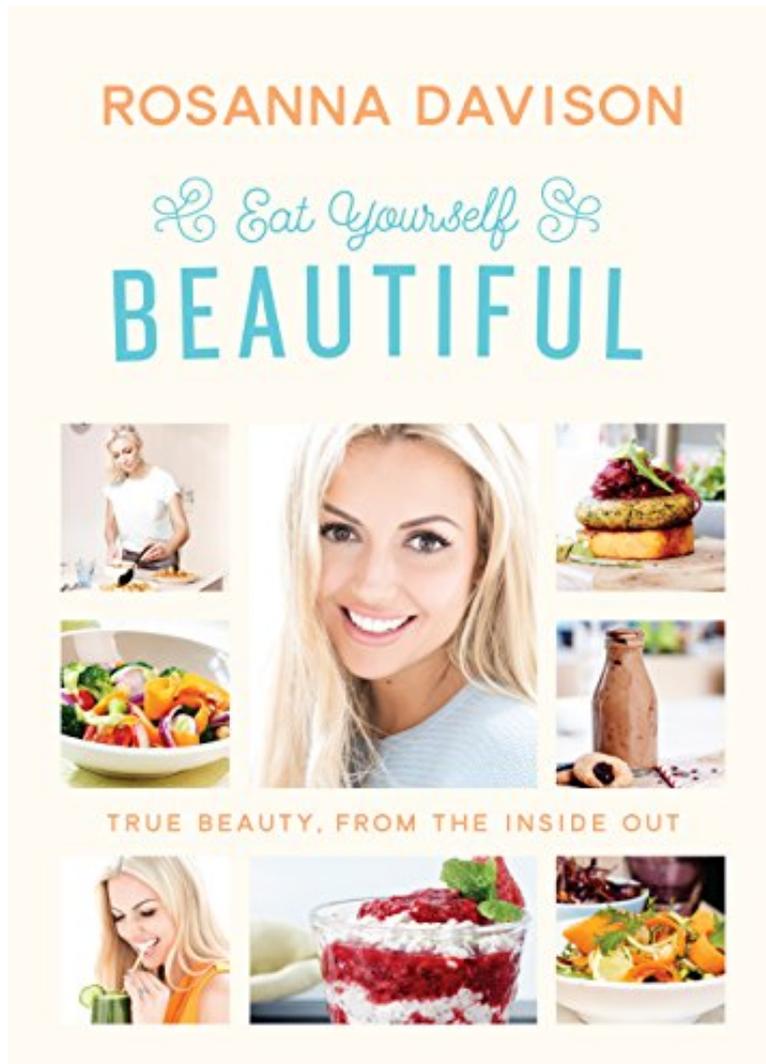


Eat Yourself Beautiful: True Beauty, From the Inside Out



 [DOWNLOAD E-BOOK](#)

Synopsis

Eat Yourself Beautiful was born from the hundreds of beauty and fitness questions I've been asked over the past 12 years: What are the best products for a flawless complexion? How can I make my hair shiny and strong? How can I lose weight without feeling hungry? My answer is simple: your diet is the best beauty secret you possess. In Eat Yourself Beautiful, international model and nutritional therapist Rosanna Davison shares her recipes to help you look and feel amazing. Simplifying the inner workings of the human body, she explains how we really are what we eat when it comes to making the most of our looks. Excess weight, puffiness around the eyes, spots, dry skin and hair, brittle nails, poor sleep, low energy, even wrinkles and fine lines can ALL be remedied by moving towards a more nourishing and healthy way of eating. So what are you waiting for? Get started with Rosanna's Eat Yourself Beautiful programme, a one-week sample diet to take you from zero to radiant in seven days and discover the delicious, nourishing recipes that will help you achieve the body, skin, hair and glow you've always dreamed of.

What people say about this book

Kiran R. Saeed, "Eating Beautifully. Eating well can feel challenging. When you don't see the results you want, it's even more discouraging. I'm always up for experimenting, taking on a new challenge, and learning something new. I cautiously approached this book but WOW it made a difference and I really started feeling like I was eating beautifully. Within two days, I felt a noticeable difference in my energy, my motions regularly (once a day without effort if you want the grimy but real details), and gaining even more clarity in my brain functions. After a couple of weeks, this book has climbed its way from the library to my small but very official Recipe Shelf. (I bought this book at my local bookstore).Recipes I've tried and on me and burger-loving-man-hubby:- Rustic Spiced Pear and Raspberry Breakfast Crumble- Loaded Sweet Potato Nachos with Zesty Guacamole- Immunity-Boositng Butternut Squash, Ginger and Coconut Soup- Omega-3 Super Bread- Cosy Apple Crumble Baked Oatmeal- Rosie's Classid Salad + Citrus Tahini Dressings (he suddenly likes salads now thanks to these dressings)- Quinoa and Hemp Seed Colour Bowl- Blood-Cleansing Beetroot Crisps with Liver Detox Lemon and Parsley Hummus- Raw Courgetti with Sun-Dried Tomato Pesto- Anti-Inflammatory Turmeric and Maple Roasted Cauliflower, Carrot and Sweet Potato- Sleepytime Millet Burgers with Caramelised Red Onion and Fennel Relish- Skin-Glow Sweet Potato Cottage Pie- Coconut and Quinoa Curried Dahl (an absolute fave with my whole family of in-laws!! seriously. this is HUGE. we're Pakistani and making daal differently than what everyone is used to and know is being bold. they weren't too sure about while I was making it, but had raving reviews with just one bite! They finished the pot.)- Low-Fat Beauty Brownies- Bedtime Banana BitesIt's been a couple of months now, and my skin has changed wonderfully. Some light, old, difficult acne scars have smoothed out and my skin looks supple. I used to go jogging regularly, and now even if I'm too busy for a couple of weeks to exercise, my body that gains weight easily is doing great just on its own! (I'll still go for walks and fresh air to keep my juices flowing if I'm starting to get too tied to sitting at my work desk). I can't recommend this book enough. All I have to say is, it's worth your time to invest in yourself. Why not give it an honest try and see what it might do for you too?"

Jasmine, "Straight to the Point Nutritional Advice. This is a very well presented book with plenty of illustrations in colour throughout. Guidance on nutrition is explained well and easy to follow. It has various recipes for meals, snacks and healthier choices for smoothies. However, I was disappointed that almost all of the recipes in this book are designed for two or more. As a single woman on my own, I would have found it much more helpful if recipes for one were included."

Nicholus, "Eat yourself beautiful. Love the book and got it from the library but did decide to buy my own good recipies and information on how to do healthy eating and it works for me."

Ebook Tops Reader, "Five Stars. Excellent advice"

Ebook Tops Reader, "Ein Kochbuch, das Spass macht.. Rosanna Davison reiht sich hier in eine Reihe von Kochbüchern ein, die eine vegane und überwiegend glutenfreie Ernährung propagieren. Ich habe auch die Bücher von Ella Woodward (Deliciously Ella), "Oh she glows" und "My new roots". Ich bin überrascht, wie groß die Rezeptvielfalt ist und wie wenig die Rezepte sich wiederholen. Aus jedem Buch habe ich ein paar Lieblingsrezepte, die ich aber auch immer wieder und wieder mache. Bei Rosanna sind es die tollen Energiekugeln, ihre Salatdressings, ein enorm leckeres Linsenbrot und ihre Buchweizenpfannekuchen. Alles gelingt gut und schnell. Ich gebe zu, dass ich ihre "ernährungswissenschaftlichen" Erklärungen mit einem Schmunzeln lese und nicht ganz so ernst nehme. Auch wenn mir der Ansatz gefällt, dass vegan und glutenfrei supergesund ist, Krankheiten verhindert und einem bei Übergewicht hilft. Letzteres kann ich aus eigener Erfahrung voll bestätigen. Ich habe auch noch nie gehört, dass man sich mangelernährt, wenn man auf Brot verzichtet. Sondern man ernährt sich auch laut Wissenschaft eher mangelhaft, wenn man zuviel davon isst und dafür die Nahrungsmittel weglässt, die Rosanna propagiert. Man muss aber auch der Typ für diese Ernährungsform sein und ich kann sehr gut verstehen, wenn viele Menschen sie strikt ablehnen. Viele essen nun einmal gerne Fleisch, oder lieben ihr Low Carb am Abend oder ihre Fertigpizza im Ofen. Und haben dabei keinerlei gesundheitliche Probleme und auch kein Übergewicht. Auch diese Menschen werden sicherlich leckere Rezepte in diesem Buch finden, es ist ja kein Muss, zu 100% auf vegan und glutenfrei umzusteigen. Das betont Rosanna auch immer und immer wieder. Die Aufmachung von der kindle-edition ist sehr schön. Ein Riesenmanko hier allerdings, dass es kein Inhaltsverzeichnis mit Einzelverknüpfungen zu den Rezepten gibt. Und auch kein Sachverzeichnis am Ende. Man muss sich also gut merken, wo die Lieblingsrezepte stehen, bzw. mit Lesezeichen arbeiten."

[DMCA](#)