

The Beauty Diet: Eat Your Way To A Fab New You

By Shonali Sabherwal

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Shonali Sabherwal is the author of The Beauty Diet (4.09 avg rating, 11 ratings, 2 reviews), The Beauty diet Shonali Sabherwal s Followers

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Shonali Sabherwal's profile including Shonali s "The Beauty Diet " motivated me to joining her because I started believing that you are what you eat.

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In Eating for Beauty raw food advocate David Wolfe outlines his recommendations for a diet that will cleanse the body and increase beauty.

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