

[PDF] Cooking Well: Beautiful Skin: Over 75 Antioxidant-Rich Recipes For Glowing Skin

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Books Details:

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Author:

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Description:

Review "...the ultimate comprehensive guide to all things beauty, inside and out."

-- Tanaya Ghosh, Neon Tommy

"Elizabeth TenHouten takes a novel approach to cooking. She designs her recipes to both taste good and make us more beautiful. She writes about the value of antioxidants, cooking as self-love, and her obsession with pomegranates. Elizabeth is the antioxidant queen!"

-- Erika Kerekes, LA Cooking Examiner

"I find Elizabeth's skin-care Beauty Bytes to be effective and helpful. She is clearly an authentic

believer in her own delightful beauty recipes. I also love her philosophy of the harmony of inner and outer beauty as a way of achieving health and wellness."

-- Amy Flood, esthetician, Benefit Cosmetics

"This is a lady who loves her antioxidants and really wants you to know how to incorporate them into your diet so that you can have beautiful skin and great health. One of my favorite things about this book are what Elizabeth calls 'Beauty Bytes', simple, natural and easy skincare tips that you can do at home to help improve the quality of your skin. Elizabeth TenHouten is like a sweet little drink of inspiration and I love her."

-- Joanna Canton, actress and creator of MySkinAffair.com

"Everyone should buy this book. The author is a dear friend and is passionate about helping others and has helped me with many tips for the mature skin!"

-- Denise Vivaldo, chef and owner of Food Fanatics catering company, food stylist, and television producer

"Elizabeth's philosophy of beauty and health being synonymous resonates with me. As an actress, I am in front of the camera and perform best when both my interior and exterior are aligned with one another. I love the antioxidant-rich recipes and "Beauty Bytes"! This book is about nourishing your beauty from the inside-out."

-- Charlotte Ross, two-time Emmy-nominated actress

"Elizabeth TenHouten is a Beauty/Skin Care Expert, and a huge believer in nature's ability to keep you young—both inside and out."

-- Laurel House, Editor for Discovery Channel's Planet Green, and creator of www.greeniq.com

"No household should be without this cutting-edge publication in its kitchen...at least no household that places an importance on beautiful skin!"

-- David Amron, M.D., Dermatologist

"Elizabeth is living proof of cooking well for beautiful skin. She has found what works with sincere dedication to wellbeing. Food is not just to satisfy, but to balance and live in harmony with our inner beauty as it radiates, your example is Elizabeth...even more so as she reaches other people with her brilliant recipes"

-- Emily Factor, Emily Factor Designs

"There are mouth watering and antioxidant filled recipes that are easy and delicious. There were so many great ideas from this endearing author that you will want to go the market right after listening."

-- Teri Hausman, host of Beauty Now Radio

"The latest beauty cookbook on our wish list? Cooking Well: Beautiful Skin, by skincare and beauty expert Elizabeth TenHouten. TenHouten's delicious and easy-to-follow recipes harness the anti-aging benefits of antioxidants."

-- Kerrie Winick and Andrea Krivelow, creators of celebutantesisters.com

"Elizabeth is a woman who walks her walk. When you see her, you know she has the credentials to write about beauty for sure!"

-- Tim Martin, founder and CEO of IZO Cleanze (www.izocleanze.com)

"If you have ever been in the same room with Elizabeth you know that her presence shines and the

essence of her being exudes beauty. Her book reveals the taste of beauty. Pass the 'Pretty Poached Salmon' please."

-- Karin Inana Solo, Master Healer

"Elizabeth's book is amazing. She has tips my magazine and my column are very excited to use and she is always a wonderful go-to girl on all things beauty and health!"

-- Jaimaire Cherie, Feature Writer, Gladys Magazine

"Beauty expert Elizabeth TenHouten is here for the do-it-yourself (DIY) at-home beauty enthusiast. Her upcoming book is filled with at-home tips, tricks, and recipes for all natural beauty remedies (scrubs, masks, moisturizers, etc.) to achieve A-Lister skin naturally!"

-- Wes Ferguson, YoungHollywood.com

About the Author Elizabeth TenHouten, a former model, is the Editor-in-Chief of *Celeb Staff Magazine* where she covers many of her charitable events. She is a passionate animal rights activist and is involved with many animal charities such as IDA-Africa, PETA, ASPCA, and the HSUS. She currently resides in California.

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