

patrick
HOLFORD
& Natalie Savona
Optimum Living Made Easy

SOLVE YOUR **SKIN PROBLEMS**

THE DRUG-FREE GUIDE
TO ACHIEVING BEAUTIFUL,
HEALTHY SKIN

BODY

Solve Your Skin Problems Optimum Nutrition Handbook English Edition

Patrick Holford



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Solve Your Skin Problems Natalie Savona, 2001

Savona, 2010-12-02 Your skin reflects your health so improving it from the inside out is vital This practical guide outlines the diet and supplements that are crucial to correcting skin problems and rejuvenating the skin Amongst many other things you will discover how diet can help you to detox for clear skin conquer acne cold sores and rashes prevent skin cancer heal psoriasis eczema and dermatitis and banish cellulite

A Quick Guide to Balancing Your Hormones Patrick

Holford, 2014-03-27 Unbalanced hormones can cause havoc with your health and are becoming more common In this invaluable guide nutrition expert Patrick Holford demonstrates how you can maintain or regain your hormonal balance through diet supplements and lifestyle changes Hormones are influenced by numerous factors so you will find a range of topics covered including Understanding the female hormones oestrogen and progesterone Why hormonal problems are on the increase How to avoid hormone disruptors Why stress and the gut hormone connection are so important The essentials of a hormone friendly diet Concise and easy to understand A Quick Guide to Balancing Your Hormones can help women avoid hormonal health issues and enjoy good health at all stages of life NOTE the information in this book is taken from Balance Your Hormones by Patrick Holford

A Quick Guide to the Low-GL Diet Patrick Holford, 2014-03-27 Patrick Holford's low GL diet is a simple and effective way to seriously improve your health Since the first edition of the diet was published in 2004 numerous people have tried it and can testify to its effectiveness for weight loss not only that but it improves long term health and vitality This book summarises the main principles of the diet and provides everything you need to get started So what is a low GL diet Essentially it is a way of keeping your blood sugar steady so that you avoid the rollercoaster effect caused by a high intake of sugar and refined carbohydrates Why is this important Because fluctuating blood sugar causes the body to store excess energy as fat and as well as piling on the pounds in the long term leads to a whole host of related problems from a lack of energy to an increased risk of diabetes and heart disease Clear and easy to follow A Quick Guide to the Low GL Diet is perfect for anyone who wants to transform their weight and their health with a diet that's sensible and truly effective NOTE the information in this book is taken from The Low GL Diet Bible by Patrick Holford

Solve Your Skin Problems Patrick Holford, Natalie Savona, 2010-03-03 Your skin reflects your health so improving it from the inside out is vital This practical guide outlines the diet and supplements that are crucial to correcting skin problems and rejuvenating the skin Amongst many other things you will discover how diet can help you to detox for clear skin conquer acne cold sores and rashes prevent skin cancer heal psoriasis eczema and dermatitis and banish cellulite

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