



Beauty is More Than Skin Deep: Foods & Beverages Teas & Tonics for Enhancing Your Natural Beauty

Niambi Dennis

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Foods & Drinks to make You Beautiful Inside & Out!

You Flaunt what You Feed! “*Beauty is More than Skin Deep*” shows you how to enhance your beauty...NATURALLY! Using common foods, beverages, teas, tonics and smoothies.

Learn which foods to load up on to create glowing, radiant, healthy skin and hair. Drink your way to beauty, health and fitness. Get smoothie recipes that will up your beauty quotient 10 fold!

This book will guide you to choosing the most nutrient-rich and ideal foods and beverages for promoting cell stimulation, youthful skin and healthy hair growth. Make sure the inside is as beautiful, healthy and sparkly as the outside.

The best part is, you won't just look good, but feel good too!

Food can be used as medicine or poison; to enhance your beauty or to erode it! Learn which foods, teas and tonics will preserve your pretty far into the future and keep you looking young, bright-eyed and fresh. And as an added bonus, your all-natural, homemade remedies will be more potent and effective, than any retail product you could purchase. Making your own favorite beauty blends gives you the most customized control of your beauty regiment and bang for your buck!

All of my recipes can be made from ingredients you'll find in your refrigerator, pantry, grocery store or local farmers market. They are all natural and guaranteed to be yummy-licious.

There are no “one size fits all” remedies, so feel free to mix, match and make substitutions as you feel appropriate. Experiment and have fun creating your own customized concoctions! Learn which ingredients work best for your skin and hair, then artfully combine them to create your own natural Sunshine in a Bottle!

Just remember, your true beauty is on the inside of you, not the outside. These recipes will only enhance whatever you're already cultivating on the inside.

Sample of Contents

Healing High-Performance Super Foods
Health Benefits of Apple Cider Vinegar
Healing Teas & Restful Sleep Tonics
Healing and Soothing Tea Blends
Fasting and Juicing

The Cleansing Process During Juice Fasting
The Hidden Secret to Health & Healing
Juicing for Health
Easy Juice & Smoothie Recipes
Apple Pineapple Ginger Juice Recipe
Blueberry Grape Juice Recipe
Apple Kiwi Juice Recipe
Pineapple Orange Strawberry Cocktail
Calcium Rich Recipe
Summertime Fresh Anytime
Spicy Juice
Popeye Juice
High Vitality C
Incredible Hulk Juice
Breathing Clearly Spice Tea
Berry Booster
Feel Better Booster
Glowing Radiant Skin
Milky-Munity Booster
Tropical Energy Blaster
Healing Grass
Liver Clean
Total System Cleanser
Jumbo Juice

Incorporating the Super Foods and Beverages highlighted throughout this guide into your Healthy Living Lifestyle will boost your beauty quotient significantly! These potent ingredients will build your natural beauty from the inside out. We will see on the outside whatever is going on inside.

Eating nutrient and vitamin rich foods will support your body's natural process of healing and renewal. This lessens the stress and increases the blood flow, endorphins, and our ability to give and receive love. And eating many of these Super Foods has the added side effect of enhancing your body's natural cell repair, collagen stimulation and hair health, growth and sheen.

You can create a strong foundation for healthy, fresh, vibrant, glowing skin, by adding these Super Foods to your regular meal preparations as often as possible. **The more, the prettier!**

Along with a positive loving attitude, you MUST feed your body LIVE healthy fresh foods to really thrive and get the BEST & most BEAUTIFUL out of LIFE!

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Ernest Keeler:

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