



Cooking Well: Beautiful Skin: Over 75 Antioxidant-Rich Recipes for Glowing Skin

Elizabeth TenHouten

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Thousands of skincare products promise beautiful skin without providing real results, and it's time for a practical and effective way of achieving healthier skin. *Cooking Well: Beautiful Skin* harnesses the scientifically proven benefits of antioxidants for skin health, providing you with the tools necessary for achieving glowing, radiant skin from the inside out.

Antioxidants have been proven to effectively counteract free-radicals, or chemicals in the body responsible for the effects of aging. Increasing your intake of antioxidants better prepares your skin cells for fighting off free-radicals found in your every-day environment, including ultraviolet radiation and airborne pollutants.

***Cooking Well: Beautiful Skin* includes:**

- * Over 75 antioxidant-rich recipes designed to improve your skin health from within
- * Meditation techniques for discovering your inner beauty
- * Exploration of definitions of beauty from across the globe

Healthy, beautiful skin is finally possible with the delicious and easy-to-follow recipes found in *Cooking Well: Beautiful Skin*.

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