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Liz Earle is the authority on skincare

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and her brand new guide, SKIN, is the only book you will ever need to transform dull, lifeless skin, to skin that radiates youth and good health. SKIN features a 6-week programme to nourish your skin from the inside out. Each week focuses on a different aspect of skincare, from detox and exfoliation, cleansing and healing, to nourishing, balance and ...

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Liz Earle's 6-Week Shape Up Plan by Liz Earle Fitness

Susan Elizabeth Earle MBE (née Bawtree; born 17 May 1963) is a British writer, TV presenter and entrepreneur. She has written over 35 books on beauty, nutrition and wellbeing and is regularly seen on ITV's This Morning. She is the founder of Liz Earle Wellbeing, a bi-monthly magazine, and Liz Earle Fair

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and Fine, a Fairtrade jewellery brand. She also co-founded the Liz Earle Beauty Co., a ...

Liz Earle - Wikipedia Quick

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Liz Earle's 6-Week Shape Up Plan: Lose a stone in six weeks with this bestselling summer diet plan (Wellbeing Quick Guides) Liz Earle. 4.3 out of 5 stars 7. Kindle Edition. £1.99. Successful Slimming: How to

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The Good Gut Guide: Delicious Recipes & a Simple 6-Week ...

Liz writes, To celebrate the launch of my new book SKIN: Delicious Recipes & the Ultimate Wellbeing Plan for Radiant Skin in 6 Weeks, my Wellbeing team and I have put together a 6 week email course to help start you on your way to a healthier complexion. You will receive an email every week, for the next six weeks, each containing an exclusive video clip from my kitchen at Wellbeing Studios as ...

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Liz - whose full name is Susan Elizabeth Earle - was born on 17 May 1963, that makes her 54. She started her writing career as a beauty writer for Woman's Journal, and has since gone on to write a...

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The complete guide to eating well, avoiding cravings, shedding weight, beating cellulite and hitting the beach happy this summer. A fully revised and updated diet plan from bestselling beauty and wellbeing writer Liz Earle, including:

- A brand new selection on food combining with delicious recipes -
- Menus to fill you up and stop cravings
- A great mix of exotic and familiar dishes
- At-a-glance charts showing

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fat, sugar and calorie levels - The best toning exercises and techniques to beat cellulite - A variety of instant options, vegetarian meals and tasty low-fat desserts

Guides

Nourish, polish and perfect your skin from the inside out following beauty guru Liz Earle's amazing 6-week programme. Liz Earle is the authority on skincare and her brand new guide, SKIN, is the only book you will ever need to transform dull, lifeless skin, to skin that radiates youth and good health. SKIN features a 6-week programme to nourish your skin from the inside out. Each week focuses on a different aspect of skincare, from detox and exfoliation, cleansing and healing, to nourishing, balance and, finally, radiance and maintenance. It encourages you to incorporate new

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practices into your skincare routine such as body brushing and meditation, as well as guiding you through a make-up detox, making your own scrubs and masks and problem-solving for specific skin conditions. The programme is accompanied by 80 delicious and easy recipes to prove that what you put in your body is just as important for your skin as what you put on it. With breakfasts, lunches, easy suppers, snacks and desserts such as Banana and Nut Butter Pancakes, Salmon, Fennel and Quinoa, Rich Chocolate Pots and clever Beauty Bombs for an instant beauty hit, these recipes will help you on your way to glowing skin during the programme and beyond. All recipes are easy to make, don't need expensive or specialist ingredients and can be eaten all year round for glowing, radiant skin.

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Delicious recipes and the ultimate wellbeing plan for a healthy gut in 6 weeks. 'A better gut means better health. It really is that simple. And it works at every level of the body, as friendly microbes affect not only the digestion of our food but also brain health, mood, emotions, energy levels, ageing, weight loss and so much more. Understanding this can give us the blueprint for a longer, happier, healthier life.' Liz Earle, MBE is one of the world's most respected and trusted authorities on wellbeing. Following on from her popular 6-week guide Skin, Liz now reveals a brand-new plan to detox, cleanse and nourish the digestive system to improve your inner health and outer beauty. Packed with the latest science and beautifully illustrated throughout, The Good Gut

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Guide provides practical advice on pre- and probiotics, fermented foods and how best to address your individual needs and goals - whether these be specific to life stage, a long-standing health issue or weight loss. An expert in feel-good food and eating well to look your best, Liz also shares 80 nutritious recipes - including many suitable for vegetarians - to help you achieve wellbeing from within.

Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, a #1 New York Times bestseller.

Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-

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earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole,

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nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

'Filled with a wealth of invaluable information...after reading this you will feel empowered and ready to take on the world' - Lorraine Kelly OBE The ultimate guide to looking and feeling your radiant best throughout the perimenopause, menopause and beyond 'I have always found it curious that we talk openly about pregnancy and birth but when it comes to an

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equally important phase in our lives - the menopause - there is an audible silence... I want all of you who read this book to know you have the tools to feel and look your radiant best. And more than that, I want my daughters - and yours - to embrace the menopause as simply another phase in our lives which is natural and liberating.' Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books Skin and The Good Gut Guide, this beautifully illustrated guide shares all of the information, tips and advice you need for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to

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boost energy and self-esteem. An expert on beauty, Liz Earle also provides advice on how to take special care of skin, hair and nails, and how to combat ageing with supplements. She also shares 60 nutritious recipes - including many suitable for vegetarians - to help you feel and look your best. 'Liz Earle's practical, honest and uplifting book will help women become stronger as we navigate the Menopause. It's time to celebrate a new chapter in our lives' - Kirsty Wark

'The most important book about the second half of your life you'll ever read. I wish everyone in the UK could be under Dr Lucy's care, but this is the next best thing' SANDI TOKSVIG 'This warm and compassionate book gets to the heart of older age. Using stories and accessible explanations, it covers

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issues of declining health, quality of life and choices about the things that matter most' THE BRITISH GERIATRICS SOCIETY _____ Now more than ever, we need to talk about getting older. Many of us are living to a very great age. But how do we give those we love, and eventually ourselves, long lives that are as happy and healthy as possible? Dr Lucy's book gives us answers to the questions we can voice - and those that we can't. A long life should be embraced and celebrated, but it's not all easy. Yet even the most challenging situation can be helped by the right conversation. How do we start? · How do we ask whether it's worth taking seven different medicines? · Is it normal to find you're falling out of love with someone, as they disappear into dementia? ·

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Should Dad be driving, and if not, who can stop him? · What are the secrets of the best care homes? · When does fierce independence become bad behaviour? · How do you navigate near-impossible discussions around resuscitation and intensity of treatments? · And who decides what happens when we become ill?

Serious, funny, kind and knowledgeable, this readable book helps guide us through essential conversations about getting older that go straight to the heart of what matters most. _____ 'Dr Pollock writes with spirit and empathy, making this an engaging and thought-provoking read' Sunday Express 'Serious, funny, kind and knowledgeable, this book helps guide us through essential conversations about issues of getting older' Eastern Daily Press 'Wise,

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compassionate, well researched and very broad in its coverage. I've learnt a lot that will help me both as a doctor and a patient. Thank you' Dr Phil Hammond 'Terrific . . . I suggest we all get a copy of Dr Lucy's book' Evening Standard 'Interesting and engaging . . . The tone throughout is warm and friendly, even as serious and dark subjects are under discussion. It is an important book' Irish Times

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This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times** In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why

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Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times
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