



Eat Yourself Beautiful: True Beauty, From the Inside Out

Rosanna Davison

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***Eat Yourself Beautiful* was born from the hundreds of beauty and fitness questions I've been asked over the past 12 years:**

- What are the best products for a flawless complexion?
- How can I make my hair shiny and strong?
- How can I lose weight without feeling hungry?

My answer is simple: your diet is the best beauty secret you possess.'

In *Eat Yourself Beautiful*, international model and nutritional therapist Rosanna Davison shares her recipes to help you look and feel amazing.

Simplifying the inner workings of the human body, she explains how we really are what we eat when it comes to making the most of our looks. Excess weight, puffiness around the eyes, spots, dry skin and hair, brittle nails, poor sleep, low energy, even wrinkles and fine lines can ALL be remedied by moving towards a more nourishing and healthy way of eating.

So what are you waiting for? Get started with Rosanna's *Eat Yourself Beautiful* programme, a one-week sample diet to take you from zero to radiant in seven days and discover the delicious, nourishing recipes that will help you achieve the body, skin, hair and glow you've always dreamed of.

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Jose Jones:

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