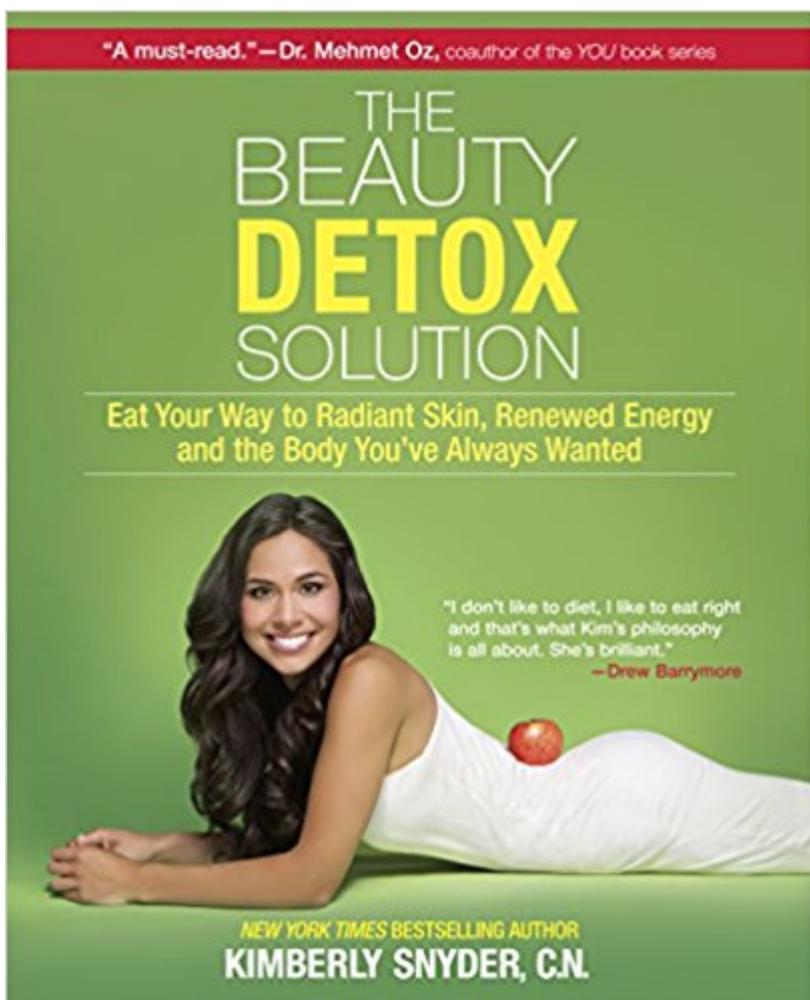


The book was found

# The Beauty Detox Solution: Eat Your Way To Radiant Skin, Renewed Energy And The Body You've Always Wanted



## Synopsis

Celebrity nutritionist and beauty expert Kimberly Snyder helps dozens of Hollywood's A-list stars get red-carpet ready; and now you're getting the star treatment. Kim used to struggle with coarse hair, breakouts and stubborn belly fat, until she traveled the world, learning age-old beauty secrets. She discovered that what you eat is the ultimate beauty product, and she's developed a powerful program that rids the body of toxins so you can look and feel your very best. With just a few simple diet changes, you will.Â

## Book Information

Paperback: 272 pages

Publisher: Harlequin Books; Original edition (March 29, 2011)

Language: English

ISBN-10: 0373892322

ISBN-13: 978-0373892327

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 581 customer reviews

Best Sellers Rank: #15,654 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #31 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #224 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

"Kimberly Snyder's The Beauty Detox Solution is a must-[listen] that intelligently highlights the importance of incorporating large amounts of greens and plant foods in our diet." ---Dr. Mehmet Oz  
--This text refers to an out of print or unavailable edition of this title.

Kimberly Snyder is a clinical nutritionist and founder of the holistic health company KS 1Life. Snyder has appeared as a nutrition and beauty expert for Good Morning America,Â EXTRA, E! Entertainment, FOX News, Good Day LA, and been featured in Lucky, ELLE, Nylon, US Weekly, In Touch and OK! Magazine. Visit her at [www.kimberlysnyder.net](http://www.kimberlysnyder.net).

So why not give this book 5 stars? Because the diet is on the extreme side and leaves me with more questions than answers. For example, where do I find nutritional yeast? First of all, Kimberly Snyder did a wonderful job explaining how our stomach breaks down each type of food and why

she recommends eating foods in a particular order to make it easier for our bodies to digest and then absorb nutrients. Her theory is that if it's easier for our bodies to digest, absorb, and eliminate, our bodies have more time to heal itself (this is where the beauty part comes in) rather than just focusing on digestion 24/7. Second, it makes sense if we cut out animal protein, dairy, alcohol, and anything else that makes our bodies acidic, from our diets and replace them with produce so that we'll be healthier and maintain our weight. It's just hard to swallow that information and put it into practice on a daily basis. This book gives you so much knowledge and then you end up feeling bad that you aren't putting everything into practice. As you can tell, Kimberly Snyder pushes vegetarian and vegan diets as the healthiest route but she does say you don't have to give up meat all together. She recommends no more than three dinners a week with meat, preferably not land animals. She also highly suggests eating raw since none of the nutrients are lost to cooking. Again, it makes sense but dang it I like to steam my veggies! The one thing Miss Snyder recommended that I had never heard about was eating fruits by themselves and nothing afterwards for at least 20 minutes since our bodies absorb them so fast (when eaten by themselves) and make our intestines very acidic. She says that having fruit with anything else will make everything inside our intestines putrefy and take a really long time to be eliminated. I like the green smoothie recipe and can definitely do it 5 mornings a week but not too excited about her oat groat recipe. Miss Snyder has three different phases for the detox so really everyone could manage one of those phases depending on your conviction. If you are hard core, you'll give up meat, eat mostly raw foods, go organic, and be popping tons of pills (probiotic supplements, digestive enzymes, and magnesium-oxygen supplements) each day. If you're like me, you'll be drinking the green smoothie, increase the days you're vegetarian, and just overall watch what you eat and in what order. The book is a wealth of knowledge and I can imagine most people will think it's not realistic. But, take your new found knowledge and at least try several changes and see what difference it will make.

This book is a great guide for someone looking to make a lifestyle change and not just go on a diet. It has real life solutions to dieters worse fears in relation to food and for the most part is easy to follow. I did think it would be a little harder to follow for the average person, she uses some language and ingredients that I feel would take a little more knowledge to incorporate in every day life if you were not used to it, but with a little research would be completely doable. It was really easy to read and had a lot of recipes and notes to make it even easier. I didn't feel bombarded by new foods and feel like I could easily try this out for at least a little while.

((sorry my English, Feel free to correct my grammar )) Let me tell you ... This book is worth it. It finally cures my hermoroids, constipation, tiredness, lethargic, anemia , and reduce my lower body fat .Kimberly Snyder diet is very effective! Trust me you will improve your health by reducing your bloatness, body fat, and acnes. I must admit that it is hard to follow her diet because of the unfamiliar foods that you never ate before such as celtic sea salt, raw kales, nutrional yeast, and etc. Sometimes, it is hard to reduce your meat, dairy, agave syrup, and gluten intake. The good news is that you do not need to get rid of hamrburger, pizza, steak, but consume them once meanwhile. Then re-alkalize !!! You will find it easier to be healthy if you follow her instruction. If you wanna loose your weight faster, you can combine your exercise and beauty detox together. You won't be skinny but you will get a nice sleek body. Guarantee. Her diet emphasized on plant based diet and high alkaline food intake. I have started her beauty detox for two months, and I must admit that I am very satisfied to my new body transformation. I walk faster , my mind is clear, less tired, and I started to love myself more. Her knowledge on foods were scientifically accurate and understandable. You do not need to count calories. You just enjoy to eat foods without feeling guilty. I must admit that I have enjoyed eating so much plants and eating less meat once per week. You are just reducing the harmful acidic foods such as dairy, corn fed meat, agave syrup and increase the alkaline foods such as kales, celery, lemon, and spinach. The good news is you do not need to starve. The key of being beautiful and healthy is having healthy digestion, clean liver, good balance of PH, sufficient of amount of nutritions.Her green smoothie is my secret weapon. Instead of coffee, you need a drink smoothie as your energy fuel. I never gave up green smoothie...CON:I do not like her recipies so much I still make foods similar to her recipies. For example, if I do not like kales , I can replace to lettuce (right? that's healthy). However, I am consuming more raw plant based foods in the morning and lunch. Also, I eat cooked vegan or vegetarian food at the dinner time. As a single woman living in NYC, my shopping budget on buying foods cost me around \$160-200 which include conventional ,organic foods, and gluten free foods (I usually cook at home). I must admit that her foods recommendation are every expensive because she highly suggested you to consume foods that are good quality and gluten free. It is harder for people on budget to follow her recipies. I believe that you could make an alternative Kimberly Snyder foods based on your budget and your personal food taste. Buy fruit and vegetables based on seasons like Kimberly said. Not need to follow her diet like 100% perfect. I wish that Kimberly gave us more details how to eat on budget in beauty detox.Her alkaline diet plan is **TOOO DANGEROUS....** The main reason why I did not give her 5 stars .... it is because she **OVER-ALKALIZE!!!** **WARNING** listen to your body **FIRST....**If you over-alkalize your body too much, you will experience headach, nausea, sudden death, and etc. I

did experience some nausea and did vomit once. I must alert people to listen to their own body. Feel free to eat 20% of your acidic foods to save your life. ((maybe consume a little bit pasta, or meat at dinner))<http://www.livestrong.com/article/154113-symptoms-that-the-body-is-too-alkaline/> I wish that Kimberly Snyder warned us about "over alkalinizing." It is not healthy for body to be 100% alkalinized. Overall, Snyder found the best solution to loose weight and stay energetic in your daily life. She worked really hard and by gaining experience from traveling and exploring. I admire her hard work.

[Download to continue reading...](#)

The Beauty Detox Solution: Eat Your Way to Radiant Skin, Renewed Energy and the Body You've Always Wanted Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age Coconut Oil and Apple Cider Vinegar: 2-in-1 Book Combo Pack - Discover the Amazing Health, Beauty, and Detox Secrets of Apple Cider Vinegar and Coconut ... - Detox - Weight Loss - Hair - Beauty) Natural Beauty: Radiant Skin Care Secrets & Homemade Beauty Recipes From the World's Most Unforgettable Women (Essential Oil for

Beginners Series) Essential Oils Beauty Secrets Reloaded: How To Make Beauty Products At Home for Skin, Hair & Body Care: A Step by Step Guide & 70 Simple Recipes for Any Skin Type and Hair Type The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Blackheads, Acne, Pimple and Natural Skin Care Cosmetic ingredients : The secret of korean beauty and everlasting solution to smooth skin free from acne, pimple, blackhead etc. Treatment Book

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)