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Eating for beauty - food matters

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Can you eat your way to beauty? a new book says,

Image courtesy of Jolene Hart Eat Pretty: Nutrition for Beauty, Inside and Out by Jolene Hart In Eat Pretty Jolene lays out all she discovered about

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When I met Jolene Hart nearly a year ago now, I was struck at how beautiful she was both inside and out, so it came as no surprise that she was publishing a book

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Author information. Jolene Hart, CHC, AADP is a beauty & and health coach, certified by the Institute for Integrative Nutrition and the American Association of

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