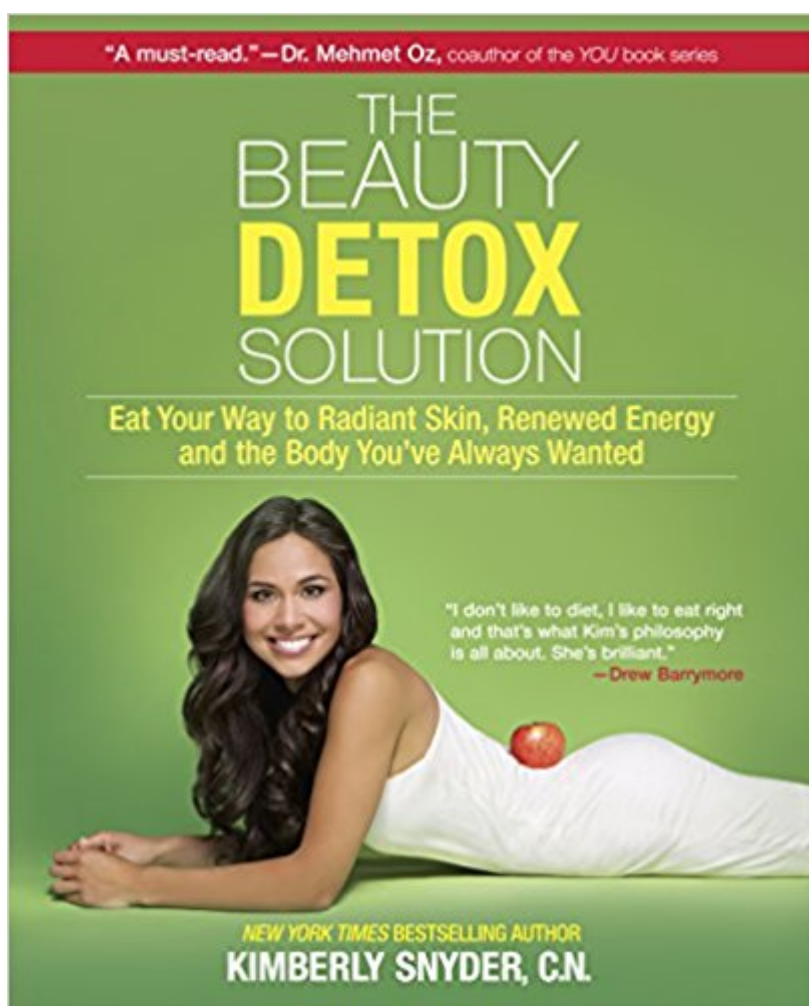


The book was found

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

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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.

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 are 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 hemorrhoids, 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 bloatedness, body fat, and acne. 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, nutritional 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 hamburger, 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 want to lose 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 amount of nutrients. 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 recipes so much I still make foods similar to her recipes. 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 very 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 recipes. 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 headache, 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 alkalizing." It is not healthy for body to be 100% alkalized. 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.

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