



The Tao of Beauty: Chinese Herbal Secrets to Feeling Good and Looking Great (Paperback)

By Helen Lee

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 226 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.The Tao of Beauty proves that the latest beauty secrets are 5,000 years old. Ford fashion model Helen Lee comes from a long line of Chinese herbal practitioners, and when she found that Western beauty solutions were not helping her remedy the stress of a full-time modeling career, she turned back to the Chinese herbal therapies her mother had taught her. In The Tao of Beauty, Lee demystifies for you the use of food and herbs for inner health and outer beauty with: A concise overview of Chinese medicine and Chinese herbology's basic elements The Beauty-Wellness Test, which identifies your energy type--yang (hot), yin/yang (balanced), and yin (cold) Prescriptive advice for acne, dry skin, wrinkles, insomnia, fatigue, allergies, and much more Five chapters devoted exclusively to remedies and tips for skin, hair, nails, eyes, and make-up Herbal and dietary recommendations and recipes for optimal weight and health, with ingredients easily available in local supermarkets and health food stores Specific advice for women at different stages of life, including pregnancy and menopause Exercise,...



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Reviews

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

-- Mrs. Ellie Yost II

I actually started looking over this ebook. It is definitely simplified but excitement inside the 50 percent of your ebook. You are going to like just how the blogger create this ebook.

-- Efren Swift