

# Eat Pretty: Nutrition For Beauty, Inside And Out By Jolene Hart

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Title: Eat Pretty: Nutrition for Beauty, Inside and Out Author: Jolene Hart

### **Eat pretty: nutrition for beauty, inside and out**

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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Eat Pretty: Nutrition for Beauty, Inside and Out, by Jolene Hart, CHC, AADP (San Francisco: Chronicle Books, 2014), \$16.95

**Eat pretty: nutrition for beauty, inside and out**

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

**Eat pretty: my second baby arrives today!**

My belief that beauty and nutrition are directly linked is no secret. It's been a dream of mine, ever since my days as a beauty editor hiding daily breakouts and

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ASSORTED Eat Pretty is a paperback guide to the everyday foods you can eat to boost your beauty (walnuts for supple skin, radishes for strong nails) as well as a

**The book: eat pretty jolene hart**

and support anti-aging and build beauty from the inside out with healthy Eat Pretty is a must of true beauty. Jolene Hart gives us the

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**Eating for beauty - food matters**

For Change' we explored the concept of eating for beauty with David Wolfe who is a very passionate advocate of using nutrition Eating For Beauty that

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