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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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and we work hard to develop ways to manage stress even as we build a diet that clears skin from the inside out. Eat Pretty. Want even more Jolene Hart

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Book review: ' eat pretty' explores beauty

'Eat Pretty' is a book of beauty solutions for those who realize the connection between what we eat, how we look, Eat Pretty: Nutrition for Beauty,

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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