

Title	marie claire Beauty Food
Author	Josette Milgram
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Description

The fourth book in the marie claire Fashion and Beauty series shows how eating healthy can keep you looking and feeling good at any age. *marie claire Beauty Food* explains nutrition, what to eat to stay slim, which foods boost energy and are high in anti-oxidants, and the best way to purify your body with a detox.

This indispensable guide includes advice and top tips from experts, weekly menu planners and recipes, and arms you with a shopping list of super foods.

Sales Points

- Dip into delicious menu plans for slimming, anti-ageing, anti-stress, anti-fatigue and anti-depression for all seasons and all tastes
- Ideal for readers who want to look and feel great the natural way
- Top tips from experts on what and how much to eat and the benefits of eating well
- Includes recipes and insider secrets from four top female chefs on how they use food to maximise good health
- *Beauty Food* is a companion title to the first three books in the marie claire Fashion and Beauty series: *Makeup* (ISBN: 9781741960150, RRP: \$29.95), *Hair* (ISBN: 9781741962055, RRP: \$29.95) and *Face & Body* (ISBN: 9781741962062, RRP: \$29.95)

Author Profile

Josette Milgram is the former Chief Editor of the marie claire Group and author of the preceding titles in the marie claire Fashion and Beauty series: *Makeup*, *Hair* and *Face & Body*.