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THE CLEAR SKIN COOKBOOK



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Clear Skin Cookbook, Dale Pinnock, Dale Pinnock, the UK's first Medicinal Chef, explains how what we eat can affect our skin. He shows how we can all help increase the appearance and overall radiance of our skin, simply by eating the right foods. Discover how easy it is to choose and prepare dishes that are not only tasty but also enhance skin healing and combat the effects of ageing....

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- Authored by Dale Pinnock
- Released at -



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