



## **Eating for Beauty**

*David Wolfe*

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## **Eating for Beauty David Wolfe**

In *Eating For Beauty*, author David Wolfe, one of America's foremost nutrition experts, describes how to cleanse, nourish and beautify by utilizing the benefits of a fresh-food diet. The lessons contained within this book can be applied to improve one's appearance, vitality, and health. This book is about how to become more beautiful, not just how to maintain beauty or even slow the aging process. It is about rejuvenation at the deepest level, and the enjoyment of life.

This book contains the key for creating beauty within oneself through diet and other complementary factors. Though it explores the role of yoga, beauty sleep, and the psychology of beauty, this book is primarily about the way to eat for beauty. The Beauty Diet is based on principles of raw nourishment—representing the cutting edge nutritional science.

With scientific explanations of the human body's chemical reactions to various elements of nutrition, physical activity and sleep, this book provides a guide for how to reach your potential for beauty. More than 30 gourmet "beauty recipes" and in-depth descriptions of beneficial foods help to steer beauty-seekers down the path of aesthetic enlightenment. The magical, beautifying secrets held within this book will help the human race reclaim one of its most divine attributes: beauty, inside and out.

\* Note: the following text is missing from page 42:

"... recommend that you include more proteins (amino acids) in your diet in the form of some of the protein-rich foods listed on page 41."

*From the Trade Paperback edition.*

## **Eating for Beauty Details**

Date : Published March 8th 2011 by North Atlantic Books (first published May 30th 2002)

ISBN : 9781583943243

Author : David Wolfe

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# From Reader Review Eating for Beauty for online ebook

## Elizabeth Drake says

Good starter with helpful information - advocates for a plant based diet.

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## Waseem says

If you well versed in David wolfed teaching then this book between 2-4/5s through starts to become a bit boring and repetitive from his other work but still worth being reminded about from the angle of beauty and natural remedies vs toxic cosmetics ...

But this book really is much more than about beauty - it really dwells deeper and importantly wider to what make your resign are beauty truly beyond cosmetics - I really enjoyed it and highly recommend it to anyone interested in beauty to open up your mind to how to exhibit real genuine beauty others see and FEEL ( and you too ofcourse ) that is true ...

Waseem Mirza

<http://www.WaseemMirza.net>

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## Torbjörn says

One could be led to believe that it would be possible to promote the benefits of eating a raw-food diet without retorting to new age argumentation, aura photography and claims based either repeated assertion or fallacious logic.

I was recommended this book on the basis of the insights and overview it provides, the only thing it gave me was a deep skepticism about the whole thing.

Mr Avacado obviously deeply believes in what he writes to the point where faith obviously goes before mostly everything else. If you honestly believe that the only tap water that's drinkable is from Iceland, that functional water and the vortex effect is a real thing then by all means study this book.

If you on the other hand want argumentation grounded in some sort of reality there must be a better book out there.

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## Abby says

The best part about this book is the section on the beautifying foods. David Wolfe gives straightforward information about a great number of what he identifies as beautifying foods including how they beautify, when to eat them, how to prepare them, and how to buy them as well as some advanced nutritional data.

My first impression of David Wolfe was that he was considerably out of touch with reality - and this book reiterates that impression for me. In order to follow the Beauty Diet (R), one must be fairly wealthy, have access to a number of exotic foods and supplements, and/or live in the tropics. Even if one is set up with these prerequisites, I think the instruction for the diet in this book is lacking and so one would have to refer to his other books/materials as well and or hire a professional to guide her/him through the process.

On the other hand, he does exude optimism and enthusiasm through every raw-food enriched pore of his being, and I would revisit his ideas in this book or perhaps his website when I can spend tons of money on superfoods and look beyond the environmental cost involved in going beyond my local food supply on a daily basis.

He is slated to speak at the upcoming IIN Mega Conference where I will get to see him speak. Maybe his exuberance will be more contagious in person.

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### **Dia Kristy says**

David Wolfe is pretty famous in the raw food community. (he has a ton of books) He's definitely interesting (tho too often he doesn't site references) and he's VERY enthusistic. Unfortunately, he's also often pretty disorganzed.

Favorite finds: Vitamin C makes your hair shiny and mustard greens make your hair curly. (really!)

ps - I didn't read this most current edition.

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### **Dana says**

Despite its name, this book isn't all about vanity. It's really a great resource for some of the healithiest foods on the planet...and is choke full of information that anyone can apply to their eating habits whether they follow a raw foods diet/lifestyle or not.

I strive to eat as locally and seasonally as possible (which can be more challenging living in Pittsburgh then say Hawaii) and currently do not suffer any chronic illnesses, so the raw food slant was not as relevent to my current situation as it once was.

Overall, Eating for Beauty loses one star because of the author's decision to include testimonials and especially his own poetry. Both aspects only detract from the otherwise well-researched and comprehensive collection of information regarding highly nutritious and medicinal foods. As an afterthought, I deducted another star because of the heavy raw food influence and the inherent contradictions/dangers (I have personally witnessed) of a raw food lifestyle. I would have preferred learning about the importance of whole food nutrition without the raw food propaganda.

However, it is a great reminder of how nutrient dense most foods are and how supportive they can be to one's whole well-being when consumed fresh and in their entirety. What I learned about oils from this book and adopting some raw food practices have been momentous. I found the discussion of minerals, and identifying

signs of certain deficiencies particularly helpful. I also especially like the inclusion of Kirlian photography. Overall, its a worthwhile addition to anyone's library who has an interest in nutrition and espescially in raw foods.

Raw foodist or not, this is a great *companion* for helping to understand the properties of foods and in determining the best combination of cooked/seasonal/local/raw foods for your personal needs.

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### **Sophia says**

I LOVE this book. It's amazing how much information I got from this, even after reading his excellent book The Sunfood Diet Success System. It's amazing to see someone out there not only doing 100% raw vegan, but backing it up scientifically and touting it for ALL of it's benefits, not just the health related ones.

Thank you David Wolfe!!

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### **Siri says**

loved this book! The title is somewhat deceptive as it gives the impression the point of reading the book is to improve one's physical external appearance. That is the end result of implementing the subject matter yet the true read is about what we put in. Included are some amazing krilian photography of plant foods, organic v. non-organic, raw v. cooked and the differences are dramatic enough to evoke a will to choose differently. The author drives through subjects such as alkaline v. acid in the body, then takes the reader on a journey through individual minerals, foods and even products applied to the outside of the body and provides the science ins and outs about how each element results in our body. All done in a very easy to read format. you could devour this book in a night. Mine is highlighted up and is a guidebook for some food changes our family is making in this new year. I highly recommend this book if you want to feel better? grow long hair and nails? look better? lose weight? eliminate inflammation and disease? It's not about taking things away...it's about adding them here and there and subtle, long term changes to your choices will end up with a hugely different result. I'm so glad i read this book then went to David's website: [www.LongevityWarehouse.com](http://www.LongevityWarehouse.com) Click on a product and you will undoubtedly find a short video of a conference talk that will expand you even more in your thinking. It's great!

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### **Pinar says**

Bu kitab? ba?ka bir kitab?n tavsiye kitaplar listesinde g r p, k t phanede uygun bulup istemi?tim, (? k r para vermedim yani). Tamam i inde bir tak?m faydal? bilgiler var gibi. Bir tak?m enzimlerin veya ek vitaminlerin, "s per" g?dalar?n al?m? tavsiye ediliyor (goji berry, maca vs.) ama bu tavsiyelerin ne kadar bilimsel oldu?u tart???l?r. Bunun yan?nda herkese hitap etmeye  al??m??,  i? beslenmeyi savunur gibi dururken, yan?nda vejetaryen ve et il beslenme tavsiyeleri,  zerine baklagillerin t ketilmesine kar?? olu?u, konuyu z rt p rt g zelli?e ba?lamas? bana bir miktar tutars?z geldi ve i imi bayd?.

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## **Kathryn Conour says**

Simple, accessible, and full of vital information.

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## **Deb says**

David Wolfe was one of the speakers for my nutrition program and being intrigued by his talk, I wanted to read some of his books. About the raw, fresh foods with the maximum health and beauty benefits as well as the foods to stay away from. Although I don't agree with him on every point, Wolfe makes some very persuasive arguments that the life force contained in the foods we eat add to our own body's life force and well being. The Kirlian photography in the book is beautiful and fascinating (Kirlian photography shows the amount of energy and life force in foods). An interesting and engaging book especially for anyone interested in raw and vegan lifestyles.

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## **Vex says**

The introduction is so full of woo and bull's excrement that I couldn't go on.

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## **Nikki says**

Wolfe's book is very informative. I knew before reading the book that Wolfe is an outspoken raw foodist, so I was not surprised by some of his recommendations. The book discusses foods which contain properties of 'beauty'--which really means health. Many of the foods are obvious, some less so (burdock root????). I've been eating his arugula/watercress salad this week, which I love. I enjoyed the book, but wonder about some of his assertions. The book contains no references/bibliography. He also promotes his own products throughout the book, which I found highly annoying.

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## **Ann Living It Up says**

The only reason I rated it a 4 instead of 5 is because some of the information in this book is outdated. Some of the resources listed or talked about in the book are no longer existing such as Nature's First Law which is now sunfood.com who is owned by another person other than the author who used to own it and who started it. Also, Trinity Waters which I used to drink is no longer selling their water in the stores (that I know of). So maybe the newer version of this book which was written later would have the latest information. So, I recommend reading the latest version instead of this one to be more up to date.

But I'm keeping this book (even though I bought it years ago and don't have the newer version), because the "health" information is still true to this day. In other words, the chapters where it talks about what foods are good for our beauty (and also healthy for multiple purposes OTHER than beauty), and why those foods are good are still valid information and so I consider it a great source/reference to go back to in case I need to figure out which of those foods are the highest in sulfur, silicon or whatever.

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## **Vida says**

David Wolfe does a wonderful job writing of the secrets of beauty through the foods one eats and doesn't eat. It is certainly possible that his writing may be refuted somewhere on the internet by someone, however my money is on Wolfe and his ideas presented in this book.

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