



Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up

Esther Blum

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From Esther Blum, an expert nutritionist at Dr. Perricone's flagship Manhattan store, comes the breakthrough news that, yes, you can eat and drink what you love and still look and feel gorgeous. Esther reveals the secrets to beautiful skin, a fantastic figure, and peace of mind all while living the good life. It's about knowing how to make the right choices: Which cocktails cause the least damage is a Merlot better than a Margarita? What natural supplements combat out-of-control hormones? With a troubleshooting section on treating specific ailments, delicious recipes, and fast fixes, *Eat, Drink, and Be Gorgeous* makes it possible to have that piece of cake and eat it, too.

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