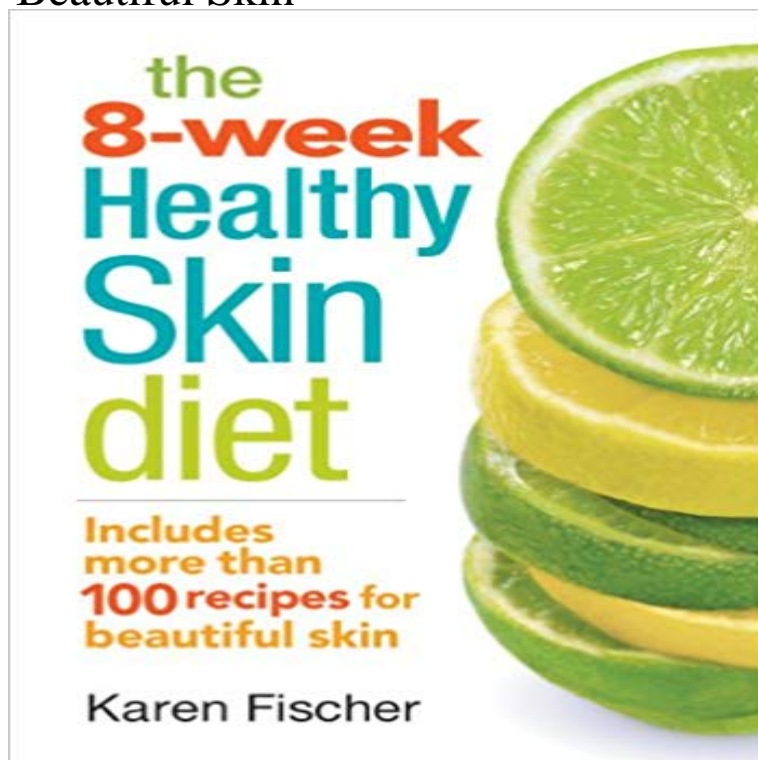


The 8-Week Healthy Skin Diet: Includes More Than 100 Recipes for Beautiful Skin



How to unlock the secrets of beautiful skin. Whatever the skin type, whatever the skin condition, the reader will find all the help needed to ensure healthy skin in this new book. Every skin condition -- whether minimal or out of control -- can be improved and look fantastic within 8 weeks simply by following this holistic, natural approach. Everyone can gain health benefits from being on the Healthy Skin Diet because it is a commonsense program for lifestyle change, designed to fit into anyone's life. The plan is based on an anti-inflammatory eating program that was originally designed for dealing with eczema. Along the way it was also discovered to be highly effective in helping the following skin conditions: psoriasis, rosacea, dandruff, acne, cellulite, hives, premature aging and wrinkles, dull /sallow complexion, bags under the eyes, pigmentation, dark circles under the eyes, and dermatitis/contact dermatitis.

There is a specific program to target each skin condition as well as more than 100 delicious, nutritious recipes in menu plans that provide all the tools needed for healthy, beautiful skin. Fischer's guidelines include: Think Green and Friendly Eat Moisturizing Foods Eat Less! Be a Sleeping Beauty Sweat for 15 minutes Each Day Have a Good Skin-Care Routine Become a Hat Person Relax and Make Peace With Your Body. These programs and good nutrition develop beautiful skin from the inside out.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat

Mishpatim, plus much more.

Abravanel's World of Torah:Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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