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## The Tao of Beauty

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By Helen Lee

Harmony. Paperback. Condition: New. 272 pages. Dimensions: 9.0in. x 7.0in. x 0.7in. The Tao of Beauty proves that the latest beauty secrets are 5,000 years old. Ford fashion model Helen Lee comes from a long line of Chinese herbal practitioners, and when she found that Western beauty solutions were not helping her remedy the stress of a full-time modeling career, she turned back to the Chinese herbal therapies her mother had taught her. In The Tao of Beauty, Lee demystifies for you the use of food and herbs for inner health and outer beauty with: A concise overview of Chinese medicine and Chinese herbology's basic elements The Beauty-Wellness Test, which identifies your energy type--yang (hot), yinyang (balanced), and yin (cold) Prescriptive advice for acne, dry skin, wrinkles, insomnia, fatigue, allergies, and much more Five chapters devoted exclusively to remedies and tips for skin, hair, nails, eyes, and make-up Herbal and dietary recommendations and recipes for optimal weight and health, with ingredients easily available in local supermarkets and health food stores Specific advice for women at different stages of life, including pregnancy and menopause Exercise, toning, and relaxation techniques based on Chi Kung More and more Western women are coming to...



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