



Forever Beautiful: The Age-Defying Detox Plan

Natalia Rose

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In her private practice, leading nutritionist Natalia Rose has discovered that given the continual onslaught of toxicity and stress typical of the modern lifestyle, the average person today is actually mutating her cells and accelerating the aging process. The problem is that one cannot undo decades of toxic living with even more toxic "anti-aging" remedies.

The good news: Each of us carries our own fountain of youth--a body that will continually renew itself on the cellular level, if only we give it a chance. Written to inspire and instruct, *Forever Beautiful* offers a deeply compelling alternative to conventional anti-aging methods, including:

- Five core principles of youth regeneration
- Illustrated facial exercises and deep stretches
- A 3-week rejuvenation plan
- A recipe section and shopping guide

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