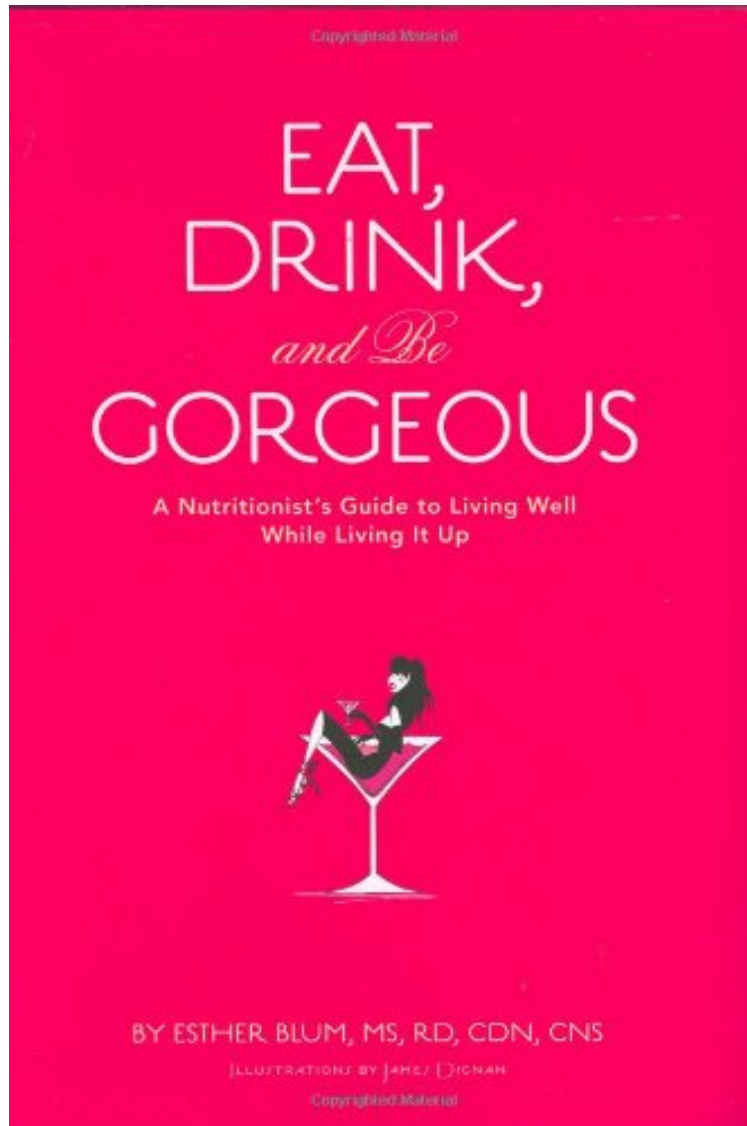


[Mobile book] Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up

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

Esther Blum

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Esther Blum : Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up:

1 of 1 people found the following review helpful. No muffin top. no.By pianonoirEasy to read and conversational approach to finding Options if there isn't a Skinny drink menu at the bar.The author is also forgiving and somewhat

"evil" if you're the sensitive type. I will allow myself some, but not let it in so I have a muffin top. There are drink recipes for home dining, as well as some suggestions I hadn't thought about for when I go out to dinner. Sometimes I'm out all morning and night with drinks being poured. So there are great suggestions for staying healthy when Water isn't being offered. Thank you. I enjoyed this. 0 of 0 people found the following review helpful. Lovely book
By Kindle Customer
Saw this book at my local spa and purchased two as gifts for the young girls in my life. Lots of great fun information for the modern gal
0 of 0 people found the following review helpful. good book
By Addict
This book is okay I guess, I was expecting more from it. It is well organized, cute, hilarious and helpful but I thought it would tell me stuff I did not already know :/ It has some good information but it was really all a refresher if you took basic nutrition classes or know about health.

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.

From Publishers Weekly
It's quite possible to have your cake and eat it too, argues dietitian-nutritionist Blum in this bubbly, vivacious approach to living well the healthy way. Avoiding dietary absolutes and encouraging readers to make gradual changes in their eating habits rather than drastic ones (which are often hard to keep up), Blum's sensible guide is sure to resonate with young women. She makes compelling arguments for choosing organic foods—going so far as to list the top 12 most contaminated fruits and vegetables—and extols the virtues of grass-fed meat and dairy. An informative chapter detailing alcohol's specific effects on women (including calorie counts for a long list of beers and cocktails) enable readers to make the most of their nights out without paying for it later. Troubleshooting suggestions offer relief from the symptoms of everything from hangovers and herpes to smoking cessation and premenstrual discomfort. Rounded out with chapters on dietary supplements and depression, as well as a QA for frequently asked queries—"What kind of prepared foods (i.e., frozen dinners) are actually good for me?"—Blum's guidebook complete guide to women's health is an encouraging, smart and sisterly volume that deserves a place alongside other trusted go-to resources. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Eat, Drink, and Be Gorgeous is filled with sound nutritional advice on what to eat and drink and how to repair the damage when our good intentions slip. A delightful book, as entertaining as it is educational." Nicholas Perricone, MD "You've heard people talk about the 'feel-good book of the year'? Well, *Eat, Drink, and Be Gorgeous* is the 'feel gorgeous book of the year'!" Karen Salmansohn, author of *Hot Mama* and *How to Be Happy, Dammit* "For a more compassionate, flexible and trustworthy guide, check out *Eat, Drink and Be Gorgeous* by registered dietician (and go-to nutrition expert) Esther Blum. Not only is *Eat, Drink* fun and funny, it's actually encouraging, sensible and written with the average (change-averse, willpower-deficient, sweet-toothed) person in mind." Publishers Weekly, December 10, 2007
About the Author
Esther Blum is a registered dietitian and certified nutrition specialist. Widely respected as an industry expert, she is quoted regularly in publications such as *Fitness*, *Health*, *Self*, *Marie Claire*, *InStyle*, and *Bazaar*. Esther maintains her *Gorgeous Girl* status in New York City. James Dignan has worked as a designer for fashion houses in Paris, Germany, and the UK. He is currently based in Australia.