



# Glow

*Christina Pirello*

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## **Glow** Christina Pirello

You are 30 days away from radiant health and beauty.

It's time to get gorgeous—from the inside out. Christina Pirello shows you how to achieve clear skin, lustrous hair, and even strong nails with a unique and holistic approach to self-care. Inspired by traditional Chinese medicine, **Glow** outlines simple, classic diagnostic techniques and therapies, a whole food diet, and active lifestyle to realize balance and tranquility—the keys to true beauty—and undo what time and stress have done.

Within these pages, you'll discover the rejuvenating powers of food, more than 150 recipes, healing home remedies, and simple topical applications as well as basic massage and healing practices that will give you both an inner and an outer glow. Forget about those chemical potions and commercial powders—and light up your life with real food, real beauty, and real health.

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