



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

By Esther Blum

Download now

Read Online 

### **Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up** By Esther Blum

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.

 [Download Eat, Drink, and be Gorgeous: A Nutritionist's ...pdf](#)

 [Read Online Eat, Drink, and be Gorgeous: A Nutritionist&#039; ...pdf](#)

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

By Esther Blum

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

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.

**Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up** By Esther Blum  
**Bibliography**

- Sales Rank: #456741 in Books
- Brand: Brand: Chronicle Books LLC
- Published on: 2007-08-13
- Original language: English
- Number of items: 1
- Dimensions: 8.38" h x 1.00" w x 5.88" l, 1.09 pounds
- Binding: Hardcover
- 192 pages

 [Download Eat, Drink, and be Gorgeous: A Nutritionist's ...pdf](#)

 [Read Online Eat, Drink, and be Gorgeous: A Nutritionist's ...pdf](#)

## Download and Read Free Online *Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up* By Esther Blum

---

### Editorial Review

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 Q&A 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.

### Review

"*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.

### Users Review

#### From reader reviews:

#### Robert Aviles:

Reading a e-book can be one of a lot of exercise that everyone in the world loves. Do you like reading book

so. There are a lot of reasons why people love it. First reading a guide will give you a lot of new information. When you read a guide you will get new information because book is one of various ways to share the information or maybe their idea. Second, studying a book will make you more imaginative. When you studying a book especially fictional works book the author will bring that you imagine the story how the character types do it anything. Third, you could share your knowledge to other people. When you read this Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up, you could tells your family, friends as well as soon about yours e-book. Your knowledge can inspire average, make them reading a publication.

### **Alice Black:**

This Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up is brand new way for you who has attention to look for some information mainly because it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little digest in reading this Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up can be the light food for you personally because the information inside that book is easy to get by means of anyone. These books develop itself in the form that is reachable by anyone, sure I mean in the e-book web form. People who think that in e-book form make them feel tired even dizzy this reserve is the answer. So you cannot find any in reading a e-book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the idea! Just read this e-book variety for your better life and knowledge.

### **Allen Ellis:**

That book can make you to feel relax. This book Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up was colourful and of course has pictures on there. As we know that book Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up has many kinds or genre. Start from kids until teenagers. For example Naruto or Detective Conan you can read and believe you are the character on there. Therefore , not at all of book are generally make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading that will.

### **Tracy Cluck:**

What is your hobby? Have you heard that question when you got students? We believe that that issue was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. And you know that little person similar to reading or as reading become their hobby. You need to understand that reading is very important along with book as to be the matter. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You will find good news or update concerning something by book. Different categories of books that can you decide to try be your object. One of them is this Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up.

**Download and Read Online Eat, Drink, and be Gorgeous: A  
Nutritionist's Guide to Living Well While Living It Up By Esther  
Blum #3NLFUS8KJBZ**

## **Read Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum for online ebook**

Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum books to read online.

### **Online Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum ebook PDF download**

**Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum Doc**

**Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum Mobipocket**

**Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum EPub**

**3NLFUS8KJBZ: Eat, Drink, and be Gorgeous: A Nutritionist's Guide to Living Well While Living It Up By Esther Blum**