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Raw Beauty, Smoothies, Shakes Creamies: No sugar, dairy, soy, grains, gluten, or chemicals! (Beauty Bite Diet) (Volume 2)

Mrs. Laurie Vukich

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more! Perfect to Flatten abs, Improve Skin, Hair, Nails to Feel Better now! Perfect recipes for Paleo, Gaps,
Mediterranean, and Southbeach diets

About the AuthorLaurie Vukich, from naturesknockout.com is the published author of, "Beauty Bite Desserts" and
"Raw Beauty, Smoothies, Shakes Creamies" Cookbooks (NO gluten, dairy, refined sugar, or soy) along with a series
of ebooks geared toward making the transition to natural health beauty simple and exciting. Laurie blogs with her
daughter, Tiffany, at naturesknockout.com and has been featured numerous times on CBS, NBC, and in various
magazines and newspapers. Selected by YouTube as top "How To Gurus," the two speak out on healthy beauty, inside
out, empowering audiences worldwide. Laurie (www.laurievukich.com) is a makeup, hair, wardrobe stylist to a long
list of stars, dignitaries musicians. She has worked on over 100+ movies and TV shows. Networks include: NBC,
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Cosmetology and Fashion, and a certificate in Nutrition.