



The Sally Struthers Natural beauty book

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"It's odd that I should be writing a book about beauty, when I myself am not beautiful. In just the past five years however, I've learned how to make the best of what God gave me. Which is all any of us can do." So begins Sally Struthers, and once she has captured you and invited you to share some of her problems and beauty secrets, you can't stop reading. With her friend and health adviser, Joyce Virtue--nutritionist and make-up artist of the stars--Sally talks about diet: natural, homemade recipes only; hair care (The Mane Thing); and skin: If you're willing to work from the inside out, it's not too late to have the smooth, flawless, peaches-and-cream skin of your dreams. There are spot exercises, calories and protein charts, and fun, easy-to-make recipes from "skin shakes" for all parts of the body. Laced throughout are Sally's personal discoveries, including hits on sunburn (did you know that butter on burns is actually a dangerous old-wives' tale?), fasting, vitamins (no drugs though, they hasten the aging process!), and cosmetic surgery: with Sally's candid descriptions of her own surgery and anecdotes on some of the successes (and tragic errors) of fellow stars. There is even a special chapter on "special" problems. This book concentrates on how to look natural naturally at any time. Sally and Joyce incorporates the most up-to-date information on beauty and health available today. As Sally frankly says, if a reader incorporates the most up-to-date information on beauty and health available today. As Sally frankly says, if a reader incorporates even one of her invaluable suggestions, the book is worth the reading. She's breezy, funny, entertaining, and informative. Diet, beauty, and make-up never before seemed so natural.

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