



STAR KHECHARA

THE AGEHACKER

Ex skincare formulator and Holistic Beauty Book author turned skin-nutrition and anti-ageing diet guru. Author of **The Facelift Diet®** and founder of **Skin Nutrition Institute**



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FRUIT THE FOUNTAIN OF YOUTH



The most misunderstood and demonised food groups is the most powerful anti-ageing agent

DIETARY SUNSCREEN



Discover the foods and phytochemicals that protect the skin from UV damage better than sunscreen

SUPPLEMENT-FREE COLLAGEN NUTRITION



Collagen supplements don't work but plant-based nutrition does.

Cutting edge and enlightening information served up with warmth, passion and professionalism

Lisa: www.lisalise.com

Knowledgeable educator who keeps up to date in her field. Effective communication skills with the ability to teach a variety of audiences. Highly recommend.

Dr Shireen Kassam.

Plant Based Health Professionals

As seen in



UK'S TOP HOLISTIC THERAPISTS AND WRITERS
NATURAL HEALTH

