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Brilliant Breadmaking in Your Bread Machine Facial Magic - Rediscover the Youthful Face You Thought You Had Lost Forever!

Once in a while a product line comes along that offers men and women the opportunity to truly reclaim the youthful face they thought they had lost forever. Without drugs, electricity or anything harmful or hurtful millions of people worldwide have successfully and reliably used exercise to trim, lift and tone sagging muscles. Just like muscles in the body can be exercised, the facial muscles can greatly benefit from exercise but not just any exercise will do. Contortions, twists, puckers and funny faces will not shape or contour sagging facial muscles in a mature face. The Facial Magic facial exercise system will lift, tone and tighten sagging facial muscles. These proven, easy-to-execute isometric movements require only minutes a day to perform and most users say they look 5, 10 even 15 years younger in just weeks as eyelids tighten, eye brows lift, the forehead smoothes, jowls and pouches melt away as double chins lessen, dramatically revealing a sculpted jaw line. Facial Magic provides the look of a face lift without surgery, seams or risk of infection. Using only the thumbs and fingers while wearing special exercise gloves, your "age erasers" will produce immediate lifting and tightening of the facial features. In about three weeks the appearance of fine lines and wrinkles become less apparent as the muscles plump up the skin helping the user's face look refreshed, radiant and younger. This book contains all 18 Facial Magic exercises. Learn two exercises each week - each exercise requires 35 seconds - so in just minutes a day you will feel and see the youthful results you desire. There's nothing quite like the flavour and aroma of freshly baked bread. Your bread machine gives the pleasure of both with the least effort on your part. This book is for those who are new to bread making and those who want to expand their repertoire of recipes. It takes you through the basic techniques and provides foolproof advice on how to make the perfect loaf. From simple, straightforward loaves, which cost a fraction of the shop-bought equivalent, to more elaborately flavoured and handshaped creations, you'll discover over a hundred delicious recipes that make the most of your bread machine's potential. If you are concerned about what goes into the food you eat, you can now decide the ingredients of your daily bread yourself, and make bread that you will love. There are chapters on breads for those on

special or restricted diets, such as gluten-free, and recipes using spelt and rye flours. All recipes are suitable for all makes of bread machine, and most recipes include ingredients for medium or large loaves or a small loaf using a compact bread machine.

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