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By Elizabeth Peyton-Jones

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Jun 20, 2012 Eat Yourself Young with Elizabeth Peyton Jones, Eat Yourself Young with Elizabeth Peyton Jones, Naturopath & Herbalist

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<http://www.theresident.co.uk/lifestyle-london/health-beauty/anti-ageing-cooking-tips-elizabeth-peyton-jones/>

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New book "Cook Yourself Young" is coming out in July 2015. Leiths Portobello Cooking School - Elizabeth Peyton-Jones has developed a cooking course for the school.

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<http://trendwave.com/healthy-recipes/recipes-from-cook-yourself-young-by-elizabeth-peyton-jones->

Cook Yourself Young. Three recipes from Elizabeth Peyton-Jones' revolutionary new cookbook

<http://www.harpersbazaar.co.uk/culture-news/staying-in/cook-yourself-young-elizabeth-peytonjones-healthy-recipes-cookbook>

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Elizabeth Peyton-Jones is the author of Eat Yourself Young (3.64 avg rating, 14 ratings, 4 reviews, Elizabeth Peyton-Jones s Followers. None yet.

http://www.goodreads.com/author/show/6238441.Elizabeth_Peyton_Jones

As the author of Eat Yourself Young, a naturopath plus a food and health expert, a naturopath plus a food and health expert, Elizabeth Peyton-Jones takes a holisti.

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<http://www.look.co.uk/news/cook-yourself-young-3-tasty-and-youth-boosting-recipes>

Eat Yourself Young is a practical guide to help you look, feel and live younger. Forget Botox, Cook Yourself Young by Elizabeth Peyton-Jones Paperback 10.49.

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