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Liz Earle's 6-Week Shape Up Plan by Liz Earle Fitness

Susan Elizabeth Earle MBE (née Bawtree; born 17 May 1963) is a British writer, TV presenter and entrepreneur. She has written over 35 books on beauty, nutrition and wellbeing and is regularly seen on ITV's This Morning. She is the founder of Liz Earle Wellbeing, a bi-monthly magazine, and Liz Earle Fair and Fine, a Fairtrade jewellery brand. She also co-founded the Liz Earle Beauty Co., a ...

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