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Susan Elizabeth Earle MBE (née Bawtree; born 17 May 1963) is a British

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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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Liz - whose full name is Susan Elizabeth Earle - was born on 17 May 1963, that makes her 54. She started her writing career as a beauty writer for Woman's Journal, and has since gone on to write

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