

The New Green Smoothie Diet Solution: Nature's Fast Lane to Peak Health



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Reviews

Completely essential go through book. It really is simplistic but excitement inside the 50 % of the pdf. I am very easily will get a satisfaction of studying a composed book.
(Damian Poulos)

THE NEW GREEN SMOOTHIE DIET SOLUTION: NATURE S FAST LANE TO PEAK HEALTH



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Createspace, United States, 2012. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.New Bestselling Green Smoothie Book Now Available In Print Version! Join The Green Smoothie Revolution For Abundant Radiant Health! Feeling tired, stressed and depressed? Introducing a simple, affordable, mouth-watering way to improve your health from the inside out. The Green Smoothie diet Solution gives you a simple, immediate and complete blueprint you can start using today to achieve new levels of health and well being! Expensive equipment Not Required! Hard to find exotic fruits and vegetables, Not Essential! And as a bonus, you ll spend less than you normally would at the supermarket, while enjoying all of the nutritious benefits of deliciously tasty green smoothies. Inside You ll learn How To: Create the perfect smoothie every single time (step-by-step) Balance sweet and savory flavors for maximum taste Rotate greens for maximum efficiency Supercharge your smoothies with next level ingredients Purchase the best blender without breaking your budget Licensed Naturopath and Raw Food Expert, Elizabeth Swann focuses on the 7 critical factors of peak health and how to easily achieve them. This Book Will Show You How To: Overcome sugar cravings and shed inches fast Detoxify your body Fight the negative effects of stress Feel happier and calmer Increase vitality And improve the look of your hair and nails Over 30 flavor packed, health infused recipes that are guaranteed to be: 100 Kid friendly 100 Budget friendly 100 Budget friendly 100 Quick Easy to prepare 100 Quick Easy to prepare 100 Created with ingredients you can find anywhere Limited Time Bonus Get instant access to Elizabeth s online e-course 10 Days To Everlasting Health which is currently selling for \$17, but you get it for FREE when you purchase...



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