

The New Smoothie Bible: Rejuvenate. Lose Weight. Detoxify (Paperback)



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Reviews

*I actually started out reading this article publication. It is loaded with knowledge and wisdom Your way of life span is going to be transform as soon as you total reading this article pdf.
(Mrs. Felicia Windler)*

THE NEW SMOOTHIE BIBLE: REJUVENATE. LOSE WEIGHT. DETOXIFY (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A brand-new ultimate guide for your smoothie diet! The New Smoothie Bible will lead you to your healthiness and happiness Comprehensive guide about how to make healthy smoothies anywhere you are. Save your money - get this book right NOW with a discount for just 1.99 instead of 9.99! Author Mia Moore shares her knowledge and useful tips of making smoothies and getting healthier. This book contains a lot of tips for making smoothies, a lot of smoothies recipes, a detailed review of the ingredients, a 7-day plan for smoothies diets, perfect color illustrations. Every page of this book will lead you to a brand-new healthier lifestyle, that you could never have imagined. The New Smoothie Bible is the best companion for a person who stands on the path of healing and who believes that Nature has laid the secret of health and longevity in her vegetable kingdom. Recipes that you can easily cook in your kitchen are the best remedy and prevention of various diseases. This book contains examples of only herbal ingredients: milk, yogurt, cheese, fruits, vegetables and healthy superfoods. By choosing the right ingredients you can reach great results in losing weight or growth of muscle mass, excluding animal protein. On the numerous requests from readers, as well as requests from young mothers whose children have just started to eat solid foods in the form of purees and juices, Mia Moore created this book. Here are some question that will be answered, while you will read The New Smoothie Bible: HISTORY OF SMOOTHIES WHICH INGREDIENTS SHOULD BE USED FOR SMOOTHIES MICROFLORA AND DIETARY HABITS WHEN AND HOW MUCH YOU CAN DRINK SMOOTHIES FRESH JUICE OR SMOOTHIE? WEIGHT LOSS...



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