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The New Green Smoothie Diet Solution: Nature's Fast Lane For Peak Health (Green Smoothie Guides Book 1)



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Synopsis

Now Revised & Expanded With Brand New Content + 30 New Delicious & Nutritious Green Smoothie RecipesJoin 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 SolutionÃ¢â ¬Â• 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, youÃ¢â ¬â„¢ll spend less than you normally would at the supermarket, while enjoying all of the nutritious benefits of deliciously tasty green smoothies.Inside YouÃ¢â ¬â„¢ll learn How To:Create the perfect smoothie every single time (stepÃ¢â ¬â œby-step)Balance sweet and savory flavors for maximum tasteRotate greens for maximum efficiencySupercharge your smoothies with next level ingredientsPurchase the best blender without breaking your budget Three Time Bestselling Author,Licensed Naturopath and Raw Food Expert, Elizabeth Swann-Miller focuses on the 7 critical factors of peak health and shows you how to easily achieve them.This Book Will Show You How To:Overcome sugar cravings and shed inches fastDetoxify your body Fight the negative effects of stressFeel happier and calmerIncrease vitalityAnd improve the look of your hair and nailsOver 60 Flavor Packed, Health Infused Recipes Guaranteed To Be:100% Kid friendly100% Beginner friendly100% Budget friendly100% Quick & Easy to prepare100% Created with ingredients you can find anywhereSpecial Bonus Inside!Get instant access to ElizabethÃ¢â ¬â„¢s online e-course Ã¢â ¬Å“10 Days To Everlasting HealthÃ¢â ¬Â• which is currently selling for $17, but you get it for FREE when you purchase this book.Scroll to the top of this page and get your copy of "The New Green Smoothie Diet Solution" and start feeling great from the inside out today!

Book Information

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Customer Reviews

I love green smoothies but knew I was in trouble the moment there was an okay to use Splenda as a sweetener. Yuck! Overall good recipes but just couldn't trust the author's knowledge after what I consider a sweetener mistake. It was helpful in listing some fruits and veggies I had not considered before in my smoothies.

Diet Solution is the key words in the title of this book. This book is good for anyone who wants/needs a change to better their health, so this is a good start. Having followed the Raw Movement for several years, I would follow the food combining rules that are not strong in this book. Melon was used in a smoothie, which if you follow the combining rules, you eat before anything else, eat melons alone, and wait at least 10 minutes. Also, a large amount of gogi berries was recommend for a smoothie. Gogi berries at my local grocery is $21 lb. $3 to $4 worth of gogi berries in one smoothie??? After reading this book, if you want to continue to learn, go to the library and look up "raw foods" and most will have the food combining rules. Online you can find many food and fruit combining rules. A book I highly recommend is "The Beauty Detox Foods: Discover the Top Beauty Foods etc" by Kimberly Snyder. It is not easy to incorporate this way of eating into your diet, but just having the knowledge starts you in the right direction."The New Green Smoothie Diet Solution" is not perfect, but none are. If it worked for the author, then try it.

I tried some of these smoothie recipes with friends that came over for the weekend. They're super into liquid diets. I was skeptical, but shocked, nonetheless. The results were really fascinating- they all came out great. Of course this is a great way to stay healthy, but much more than that, most of

the drinks taste really good. otherwise, i wouldn't think much of book.

This book gets right to the point about green smoothies, their benefits and the best combinations of fruits and greens for specific needs. It's not full of 'fluffy' information that ends up just being filler ... it doesn't need that. It's a quick read but a constant go-to source for my green smoothie recipes. I highly recommend this book especially if you are new to green smoothies like me.

That's a nice book to get some good ideas about smoothies. I tried a few and were good. I don't usually follow recipes, so now, for everyday, I just use what I have at hand. It's good to get an idea of the calories you are getting on a smoothie too, if that's something of concern.

Love this book! It explains why smoothies will help you be healthier, how to select the best ingredients, how to choose a blender and why you need greens along with other ingredients. There are lots of tasty recipes to get you started on a healthier way of eating. Did you know that replacing just one meal a day with a green smoothie can help you lose weight, feel better and have more energy? :)

With my health issues I cannot use so many foods. There are many recipes here that are too high in carbs and sugars for my diet needs. That being said it does have a wonderful assortment of recipes.It has much better ideas than folks who eat poorly or eat fast foods. I highly recommend this book, especially if you wish to try to avoid health issues. Once you have some health issues it is too late!

I really can't say whether this diet works or not because I just could not stick with it. However it does remind me to eat more vegetables, perhaps not to liquidize them though! Something inside me tells me that it is probably a good idea to get all your veggies in one go, but tasty it is not.

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