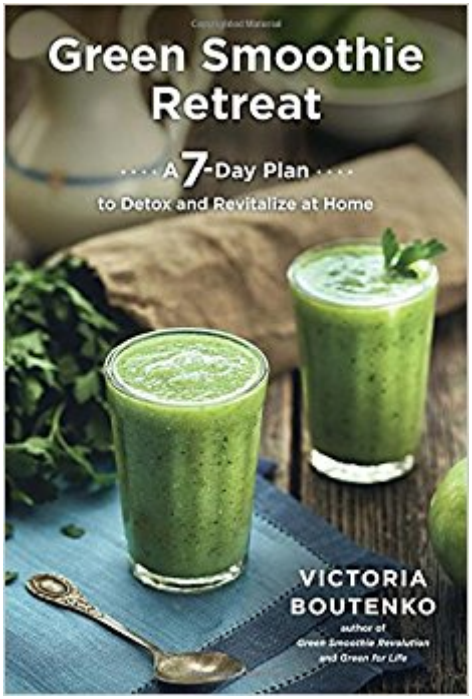
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Green Smoothie Retreat: A 7-Day Plan To Detox And Revitalize At Home



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Synopsis

VICTORIA BOUTENKO, acclaimed pioneer and recognized authority in the phenomenal green smoothie movement, has transformed and revitalized peopleÃ¢â ¬â„¢s lives atÃ Â her popular healing retreats. Now you can enjoy the same benefits by organizing your own green smoothie retreat with family and friends. This handbook provides the information youÃ¢â ¬â„¢ll need to organize fun, healthy adventures for you and those you care about. Ã Â Enlivened by stories from BoutenkoÃ¢â ¬â„¢s well-designed workshops as well as testimonials from her participants, this guide includes recommendations for group activities, nutritional information, and recipes for a seven-day revitalizing retreat. Written for both beginner and experienced green smoothie enthusiasts, Green Smoothie Retreat provides both basic information and in-depth details about subjects such as the healing properties of greens, analysis of water, and vital nutrients that enhance health.Table of Contents:Part 1 Guide to Your Own RetreatChapter 1. Critical Thinking Chapter 2. Your Body Is Able to Heal Itself Chapter 3. Living in the Toxic World Chapter 4. Best Source of Nourishment Chapter 5. Detoxing is Healing Chapter 6. Managing the Stress Chapter 7. Educational Materials for Retreat Chapter 8. Why Green Smoothies Chapter 9. Fruit: to Eat or Not to Eat? Chapter 10. Wild Edibles Chapter 11. Choosing The Best Time for Your Retreat Chapter 12. Creating a Restful Environment Chapter 13. Why seven days Chapter 14. Daily Schedule Chapter 15. Keeping a Diary or Blog Chapter 16. The Importance of Support Chapter 17. The Cost of Produce for Your Retreat Chapter 18. The Equipment for Your Retreat Chapter 19. Variety and Quantity of Smoothies Chapter 20. Re-entering the World Part 2. Letters from Our RetreatsÃ¢â ¬â„¢ Participants Green Smoothie Baby Type 2 Diabetes Reversed Kerry, the Queen of Greens from Australia Three Generations Benefited from Green Smoothies Improved Vision and Vibrant Energy Candida and Chronic Fatigue Reversed The Doctor Said: Ã¢â ¬Å“We wonÃ¢â ¬â„¢t See Each Other Anymore.Ã¢â ¬Â• Green Smoothies are Satiating Seven Days of Green Magic Teacher Inspired Students to Drink Green Smoothies Stomach Pains Completely Gone I Feel Younger, Healthier, and Happier Than Ever. Out of The Wheel Chair and Rheumatoid Arthritis Gone From Mom to Daughter to Family to All People of Seattle: Drink Smoothies! Sometimes It Takes Longer to Heal Mom Put SonÃ¢â ¬â„¢s High School on Green Smoothies for a Year. Part 3. Recipes Sweet Green Smoothies Green Soups Green Puddings Bibliography Index

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Customer Reviews

Ã¢â ¬Å“That week on green smoothies changed my life as well as the life of my special-needs son.Ã¢â ¬Â• Ã¢â ¬â •Diane Braico, Lowbanks, Ontario, Canada Ã¢â ¬Å“I cannot recommend green smoothies highly enough; they really did change my life!Ã¢â ¬Â• Ã¢â ¬â •Rebecca Wallis, Sydney, Australia Ã¢â ¬Å“After consuming nothing other than organic green smoothies for a week, not only did my body recover, my mind and spirit gained more clarity. The retreat allowed me to heal in a safe, holistic, loving, and nurturing environment.Ã¢â ¬Â• Ã¢â ¬â •JKM, Queensland, Australia Ã¢â ¬Å“During the retreat I saw the benefits of green smoothies immediately manifest in my body. My skin, hair, and nails all became stronger and softer. I lost seven pounds in the seven-day retreat and felt much lighter and less toxic.Ã¢â ¬Â• Ã¢â ¬â •Stephanie Brossmann, Seattle, Washington

VICTORIA BOUTENKO is an acclaimed pioneer and recognized authority in the phenomenal green smoothie movement. Boutenko has appeared on Gaiam TV as well as Lifetime. Her work has been featured inÃ Â Publishers Weekly,Ã Â Natural Health Magazine,Ã Â and the top nutrition and vegetarian publications, and her huge network of fans continues to grow. The award-winning authorÃ¢â ¬â„¢s popular titles include Green For Life, Green Smoothie Revolution, Raw Family: A True Story of Awakening, 12 Steps to Raw Foods, and Raw Family Signature Dishes. A raw gourmet chef, teacher, inventor, researcher, artist, and a mother of three, she teaches classes on healthy living all over the world. As a result of her teachings, millions of people are drinking green smoothies and eating raw food. Boutenko continues to travel worldwide sharing her green raw cuisine and her inspiring story of determination.

I just finished a seven-day smoothie retreat! It was easier than any other cleanse I've ever done, and I've done quite a few. I will definitely be doing it again and again and again over time. The recipes are delicious as are the tips. Thank you, Victoria, for yet another great book.

This book greatly assisted me in answering lots of questions about regaining health and the means to make it happen. The author tells how the body will heal if given what it needs to get well which is lots of foods with nutrition. Great book for anyone who truly wants to change and take charge of their health (no matter what disease one has) because miracles can and will happen. I am taking responsibility for what I am eating nowadays and know I will get the results I desire.

Excellent as other books of Victoria Boutenko.Everything she writes, is her own experience.(Now she noted that lack of B12 she found in organic and fresh egg yolks) and many other hints.

I LOVE THE BOOK. I LOVE ALL OF VICTORIA BOUTENKO'S PUBLISHING'S

Just as Excellent as All Your info !!!

Good information.

excellent!!!!

good product

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