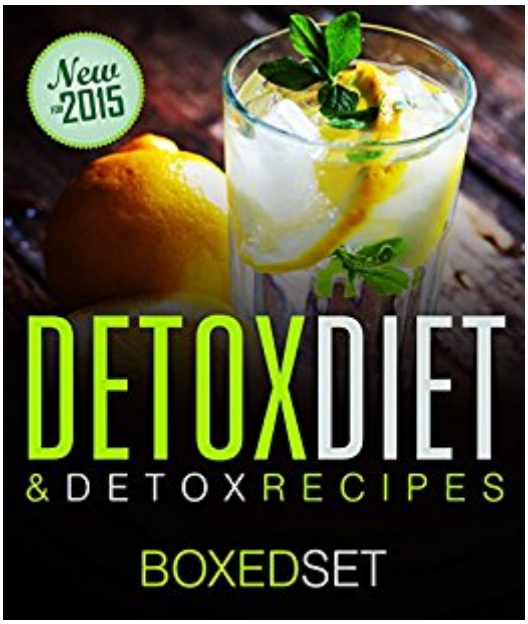
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Detox Diet & Detox Recipes In 10 Day Detox: Detoxification Of The Liver, Colon And Sugar With Smoothies



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Synopsis

The detox diet has so many benefits. For example: boost our energy, gets rid of waste of the body, helps with weight loss, strengths our immune system, give us a healthier skin, improve our well-being, improve our breath, and make us think a lot better. The common denominator of all of these benefits is the improve it causes on our bodies. Our body is not a dispose can. Our body is a gift, a temple and we are responsible to take care of it.

Book Information

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Customer Reviews

This ebook has a lot of interesting smoothie recipes (my favorite is the Exotic Green Superpower Ginger and Coconut smoothie and the Green and Red Energizer). The book is worth the cost for the recipes alone. While a number of the recipes are great, I have it 4 stars instead of 5 because there were a number of typos that I found distracting, and the format of some parts of the book made reading it feel rather choppy. (Bullet points would have been helpful, or develop paragraphs instead of one sentence paragraphs which didn’t really make sense). I did not find the "diet" section of the

book terribly helpful. Some of the recipes mention the benefits of various ingredients, and that was helpful. Some recipes also incorporate herbal type ingredients to help with energy, immunity, etc.The author references the Nutri Bullet and a Breville juicer, but I modified the recipes to work well with my Vitamix. The nut butters and spreads and other recipes were quite good, and can be made much cheaper than buying the organic products in the stores without sugar added (which can be hard to find at times). Many of these, unlike the smoothies, can be made in advance and stored for a while. I found it helpful to invest in small containers to take these items with me on the go as a healthy high protein snack with veggies.The book is worth your time if you are looking for some recipe ideas. I think this could be a five-star book with some minor edits.

Let me be perfectly clear, these books are nominally related to a detox diet. The first book is about juicing and includes juicing recipes. It tells you the optimum juicer to buy if you have the money, a Breville.The second book is about smoothies, more specifically, paleo smoothies. 30 different recipes are given at the end of the book for ideas and combinations of fruits and vegetables. This book is really not about detox in particular, so why it is named as such makes no sense to me other than false advertising. They are both riddled with typographical errors, spelling and usage errors, and none of the claimed information is referenced, which causes me to disbelieve just about everything that the author has said because they can’t even run a spell-checker. They both make lots of claims of the benefits of juicing and smoothies.The second book reviews the Vitamix versus the Nutribullet which was somewhat useful stating that the NutriBullet is more cost-effective. I found the second book to be a bit more useful because I have a blender not a juicer, but none of the information was new if you’ve ever made a smoothie before. t was nice to read the recipes to get ideas but there really isn’t anything nover about this box set.

I am coming to realize that "Detox" is just short hand for Paleo-Smoothie recipe book. Look, there’s nothing wrong with smoothies, but I’m not certain why you would bill a boxed set as a detox diet when all it really is is smoothie recipes. The recipes are uninspired. It’s getting to the point where I might say, just look in your fridge crisper and blend it all together with a handful of ice. Done. The only thing saving this thing from a 1 star review is that it does attempt to shake things up with adding nuts instead of nut butters (those are in there too) and it does make a weak attempt at telling you what the use for the ingredients in question are. Here’s my real question about books like these: If you’re just blending whole veggies/fruits/nuts, etc. to drink...why not just eat them? How is this different from eating them except you’re not chewing. If you’re always on the go and you don’t want

to chew...I guess you can afford to invest in smoothie books. Just not certain why detox is always smoothie.Disclaimer: I received a free digital copy of this book in exchange for my fair and honest review. The opinions expressed here are mine alone and I have not been further compensated.

I’m starting to think detox recipes are just any veggie thrown in a blender with ice. I really have been wanting to try a safe, healthy detox. I don’t even necessarily want it for the weight loss aspect, although i wouldn’t cry if that happened as well, but because i drink WAY too much caffeine to keep me going between young kids, a third shift job, and trying to help a family business expand. When i got this book, i quickly realized, it’s a liquid diet. And for the record, i don’t really like smoothies. A lot of the time the texture just is not pleasant for me and this book does not change my mind with it’s recipes. The only thing that kept this book from being a one star review is the "Chocolate Cocoa Coffee Smoothie" since i’m not sure that really counts as healthy, or a smoothie (it’s more of a shake, and there is a difference). Although the names of the smoothies are pretty epic, the recipes are not. I received this book on my Kindle at a discount for reading it and giving my honest review.

Detox Diet and Detox Recipes was overall a good book. It does explain the benefits of detoxing, between better digestion, clearer skin and increased energy. However, I wouldn’t necessarily say that it was what I imagined for a detox diet book. I have done a detox before, usually eating healthy and having leafy green juices,no smoothies of any form. But it was a really strict detox diet. If you are looking for a weight loss book, I would suggest looking for something else. This book is mostly smoothies a few juices and some recipes, great if you need some healthy recipes but not weight loss recipes. It felt odd that a Nutribullet was mentioned repeatedly, like they were pushing for you to purchase on, instead of saying use a blender or juicer. It is a great book if you drink smoothies regularly and need some new ideas, it has a wide variety of fruit and vegetable ones. Things like a Green Tea Plum Smoothie and a Spicy Ginger Smoothie. I did receive the book at a discount or for free for my unbiased review. My opinions and feelings about the product are 100% my own and haven’t been swayed in anyway. If you liked my review and found it helpful, please feel free to give it a like.

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