



Smoothies Targeted for Specific Health Issues: 73 Superfood Smoothie Recipes for 14 Ailments: Alzheimer s, Arthritis, Cancer, Cholesterol, Diabetes, Heart Disease and More (Paperback)

By Karen C Groves

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Why do you want to drink smoothies, anyway? Is it just because they taste good? Are generally healthy? Or because you have a specific health issue you need relief from? Like . . . Alzheimer s and Dementia - Arthritis - Asthma - Cancer - Cholesterol - Depression - Diabetes - Eyesight/Macular Degeneration/Blindness - Fibromyalgia - Gout - Heart Disease/Hypertension - Inflammation - Low Libido/ED - Osteoporosis This book gives you 73 smoothie recipes for 14 ailments, with guidance on how to design more on your own. **READER REVIEWS** I do have some health issues and now this book is helping me . . . The recipes are easy to make and some are surprising . . . I recommend it to anyone with any of the diseases . . . A wealth of knowledge in an easy-to-read format . . . The author brings a lifetime of using natural products . . . Specific Designer Superfood Smoothie Recipes More than a Smoothie recipe book, Smoothie Recipes for Health Smoothies gives you specific smoothie recipes that are targeted to deliver...



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