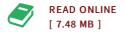


# Smoothies Targeted for Specific Health Issues: 73 Superfood Smoothie Recipes for 14 Ailments: Alzheimer s, Arthritis, Cancer, Cholesterol, Diabetes, Heart Disease and More (Paperback)

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...



#### Reviews

It in a single of my favorite publication. I have read and so i am sure that i will likely to study again once again down the road. I am delighted to let you know that this is basically the greatest publication we have read inside my own life and might be he best pdf for possibly. -- Maria Morar

*This publication is worth acquiring. It is actually full of knowledge and wisdom You are going to like the way the blogger publish this book.* -- *Prof. Stanley Hermiston* 

# See Also

_
-

#### I Want to Thank My Brain for Remembering Me: A Memoir

Back Bay Books. PAPERBACK. Book Condition: New. 0316118796 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!...

_			
			$\mathbf{}$
		-	
	-		
	-		

### Read Write Inc. Phonics: Orange Set 4 Storybook 2 | Think | Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

=
-

#### I Want to Play This!: Lilac

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, I Want to Play This!: Lilac, Catherine Baker, Bug Club is the first whole-school reading programme that joins books and an online reading world to teach today's children to read. In this book,...

1		$\mathbf{N}$
	_	

## Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and minerals, and more. Softcover. About the Author...

=
_

Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback Book Condition: Brand New. Book Condition: Brand New.

ſ		
	=	

Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback Book Condition: Brand New. Book Condition: Brand New.