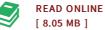




The Green Smoothies Diet: The Natural Program for Extraordinary Health

By Robyn Openshaw-Pay

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Green Smoothies Diet: The Natural Program for Extraordinary Health, Robyn Openshaw-Pay, CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS Looking for a quick, flavorful and nutritious way to stay youthful and healthy? The Green Smoothies Diet provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you: *Lose Weight *Detoxify the Body *Increase Energy *Fight Heart Disease *Prevent Diabetes & Certain Cancers *Boost the Immune System *Make Skin and Hair Beautiful Features easy-to-make recipes like: *Rad Raspberry Radicchio *Black Kale Blackberry Brew *Red Pepper Mint Julep *Grapefruit Cilantro Booster *Big Black Cabbage Cocktail.



Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehended every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book. -- Tomas Flatley

Merely no phrases to describe. It really is rally intriguing throgh reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever. -- Kattie Wunsch