



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.

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