

## Smoothies for Beginners: A Smoothie Recipe Book for Healthy Living (Paperback)



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*This pdf will not be simple to start on reading through but extremely enjoyable to see. I have read and i also am sure that i will planning to read through again once more in the foreseeable future. You wont really feel monotony at whenever you want of the time (that's what catalogues are for relating to if you request me).*

*(Mallory Kertzmann V)*

## SMOOTHIES FOR BEGINNERS: A SMOOTHIE RECIPE BOOK FOR HEALTHY LIVING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Are you suffering from any of the following symptoms: - Feeling fatigued - Constantly getting cold's, Flu's and other Infections - Suffering from Chronic health Problems - Mental Cloudiness - Headaches - Low grade fever which won't go away - Rapid aging - Aches and Pains If you are suffering from any of these symptoms, then chances are that you are suffering from some nutritional deficiencies. So what's the fastest and safest way of addressing nutritional deficiencies? Fruits and juices of course! In this book we take a look at some simple, yet tasty and effective smoothies for beginners. It's always great to try out smoothies, but where to begin? In this book we tackle smoothies for all major health conditions. Each chapter covers one health condition and provides several smoothies, which will help to relieve these symptoms, boost health and of course they are all really tasty as well. The Health Conditions Covered in This Book Are: - Anxiety - Allergies - Cold & Flu - Headache - Stomach - Nausea - Acne & Skin - Arthritis - High Blood Pressure - Diabetes So just remember the ultimate natural supplementation program for busy people, or people who do not have a voracious appetite. - Ill health preventative: Because vegetables and fruits contain so many nutrients and antioxidants, they help to build up the immune system and ward off ill health. - Raw is gold: Because smoothies means that we are eating raw (uncooked) fruits and vegetables, it also means that we are receiving the full benefit of the nutrients, with no diminution, which occurs during the cooking process. - Cure - all: Once again because of the many nutrients and antioxidants which they possess,...



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