

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



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Reviews

Complete guideline for ebook lovers. Better then never, though i am quite late in start reading this one. Its been printed in an remarkably simple way in fact it is only right after i finished reading this book through which in fact transformed me, alter the way in my opinion.
(Monserrat Runolfsdottir)

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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