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The Smoothies Bible, Second Edition. However, Crocker retains her original premise: smoothies are a delicious part of a healthy diet and lifestyle. Added to the immensely popular ingredient profiles and "Healing Smoothies" section is a new section, "The Healthy Body Systems," that includes information on the seven body systems

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### **The Healthy Smoothie Bible Lose Weight Detoxify Fight**

The Healthy Smoothie Bible is a wonderful addition to your kitchen and a great way to get you and your family fired up about eating your greens. mememe I assumed this was a recipe book, and yes, there are plenty of recipes.

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### **The Healthy Smoothie Bible Lose Weight Detoxify Fight**

About the Author. She s also an expert green juicer, an Ashtanga yogini, an amateur photographer, and a devout world traveler. Brock wrote The Healthy Smoothie Bible following the success of her first book, The Healthy Juicer s Bible. Both continue to be favorites in the juicing and smoothie community.

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#### **The Healthy Smoothie Bible Lose Weight Detoxify Fight Disease and Live Long**

In this comprehensive resource about every aspect of the wonderful world of healthy smoothies, author and healthy drink expert Farnoosh Brock shares her knowledge, discoveries, useful tips, and

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#### **Publications International Ltd The Smoothies Bible**

This all-in-one Publications International cookbook will become your go-to for making delicious smoothies.

PRODUCT FEATURES. Over 150 refreshing smoothie recipes provide low-calorie options.

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