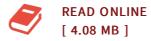




40 Super Food Super Smoothie Recipes for Better Health: Feel Amazing, Lose Weight, and Gain Unlimited Energy

By Ariana Hunter

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.40 Super Food Super Smoothie Recipes For Better Health Are you tired of indulging in numerous diets, calorie counting, and weight loss pills and potions? Then look no further than this eBook. This eBook does not focus on some lose weight quick scheme that will only leave you broke and hopeless. The main focus of this book is to expose you to some of the most beneficial super foods, and give you an interest in adding these foods to your daily diet. 3 Reasons Why You Need to Add Super Smoothies and Superfoods to Your Diet: 1.Rich in Antioxidants - Our bodies suffer toxic overload. We are filled with toxins through air pollution, processed foods, and the free radicals our bodies produce naturally on a daily basis. Antioxidants help neutralize these harmful forces. This is a benefit to us because in most cases, free radicals and toxins always outnumber the antioxidants that our systems naturally produce. So, an increased level of antioxidants will be a great benefit to our biochemistry and bodily functions. Which will improve our overall...



Reviews

An incredibly amazing ebook with perfect and lucid answers. It is writter in basic terms and never difficult to understand. Its been written in an exceptionally basic way and it is only right after i finished reading this ebook in which in fact modified me, affect the way i really believe.

-- Beverly Hoppe

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

-- Adela Schroeder II