

Green For Life Victoria Boutenko

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Drink Green Smoothies. No really. Change your life and make it happen. You'll be so happy you did. That's the message Victoria Boutenko repeats in her book Green For Life. It's a good message but the book doesn't have much more than that.

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Victoria Boutenko teaches classes on raw food and nutrition worldwide. The author of Green Smoothie Revolution, Raw Family Signature Dishes, 12 Steps to Raw Food, and Raw Family: A True Story of Awakening, her books have been translated into more than a dozen languages. Her self-published Green for Life was a finalist for the 2006 Independent Publisher's Award (IPPY) in health and medicine.

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Victoria Boutenko's Green for Life documents how Boutenko, a long-time raw foodist, felt there was a missing link in her family's nutrition, even as good as it was. (They eliminated many chronic diseases from their lives when they went all raw 15 years ago.) She undertook to study the diet of primates, since humans sha

Green For Life | GreenSmoothieGirl

Victoria Boutenko is the author of the book "Green For Life" and the godmother of the Green Smoothie revolution. In this video and interview, she and her daughter Valya, show us how easy it is to ...

Green Smoothies with Victoria Boutenko

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NOW Victoria Boutenko is persuading me otherwise, because this remarkable woman has developed a strategy for helping ordinary Americans (the ones who love ice cream and steak and French fries and pizza) introduce green living foods into their life in a delicious and habit-forming way. Nothing she

Green Smoothie Revolution Raw Family Signature Dishes 12 ...

Green for Life: The Updated Classic on Green Smoothie Nutrition [Victoria Boutenko, A. William Menzin M.D.] on Amazon.com. *FREE* shipping on qualifying offers. Everyone knows they need to eat more fruits and vegetables, but consuming even the minimum FDA-recommended five servings a day can be challenging. In Green for Life

Green For Life Victoria Boutenko

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