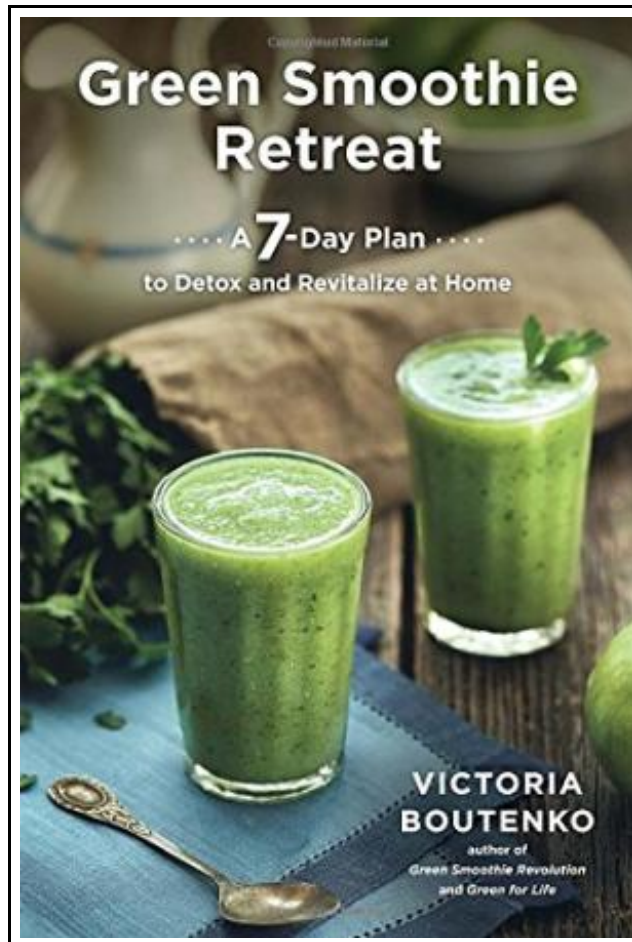


Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home



Filesize: 1.33 MB

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

GREEN SMOOTHIE RETREAT: A 7-DAY PLAN TO DETOX AND REVITALIZE AT HOME



North Atlantic Books,U.S., United States, 2015. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book. VICTORIA BOUTENKO, acclaimed pioneer and recognized authority in the phenomenal green smoothie movement, has transformed and revitalized people s lives at her popular healing retreats. Now you can enjoy the same benefits by organizing your own green smoothie retreat with family and friends. This handbook provides the information you ll need to organize fun, healthy adventures for you and those you care about. Enlivened by stories from Boutenko s well-designed workshops as well as testimonials from her participants, this guide includes recommendations for group activities, nutritional information, and recipes for a seven-day revitalizing retreat. Written for both beginner and experienced green smoothie enthusiasts, Green Smoothie Retreat provides both basic information and in-depth details about subjects such as the healing properties of greens, analysis of water, and vital nutrients that enhance health. Table of Contents: Part 1 Guide to Your Own RetreatChapter 1. Critical Thinking Chapter 2. Your Body Is Able to Heal Itself Chapter 3. Living in the Toxic World Chapter 4. Best Source of Nourishment Chapter 5. Detoxing is Healing Chapter 6. Managing the Stress Chapter 7. Educational Materials for Retreat Chapter 8. Why Green Smoothies Chapter 9. Fruit: to Eat or Not to Eat? Chapter 10. Wild Edibles Chapter 11. Choosing The Best Time for Your Retreat Chapter 12. Creating a Restful Environment Chapter 13. Why seven days Chapter 14. Daily Schedule Chapter 15. Keeping a Diary or Blog Chapter 16. The Importance of Support Chapter 17. The Cost of Produce for Your Retreat Chapter 18. The Equipment for Your Retreat Chapter 19. Variety and Quantity of Smoothies Chapter 20. Re-entering the World Part 2. Letters from Our Retreats Participants Green Smoothie Baby Type 2 Diabetes Reversed Kerry,...



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