



Green Smoothie Cleanse: Good Raw and Bitter

By Violet Karma

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is designed to help lose weight by juicing without much work out. Provides detailed information of each smoothies benefits and particular conditions that can be cured and motivates you every step of the way. This diet will help you prevent diseases and control conditions; mental health, increase you libido, lower blood pressure, reduce inflammation, cleanse your blood, prevent Alzheimer and cure constipation. Also known to prevent all types of cancers such as; breast, colon, liver, prostate and stomach cancers. No two recipes are the same, each is unique in its own way with different or similar disease prevention and conditions. Conditions include asthma, digestion, and so on. This diet must be used as it is without adding or substituting any ingredients. Both adults and kids can use this diet cleanse and healer book to treat and/or prevent a number of conditions. Also contains recipes for energy boosters, great for active kids and adult workouts. Can be consumed from home or at work for busy persons, result may vary especially when a simple workout routine...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**