



## Smoothies for Beginners: A Smoothie Recipe Book for Healthy Living (Paperback)

By MR Dermot Farrell

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Are you suffering from any of the following symptoms: - Feeling fatigued - Constantly getting cold's, Flu's and other Infections - Suffering from Chronic health Problems - Mental Cloudiness - Headaches - Low grade fever which won't go away - Rapid aging - Aches and Pains If you are suffering from any of these symptoms, then chances are that you are suffering from some nutritional deficiencies. So what's the fastest and safest way of addressing nutritional deficiencies? Fruits and juices of course! In this book we take a look at some simple, yet tasty and effective smoothies for beginners. It's always great to try out smoothies, but where to begin? In this book we tackle smoothies for all major health conditions. Each chapter covers one health condition and provides several smoothies, which will help to relieve these symptoms, boost health and of course they are all really tasty as well. The Health Conditions Covered in This Book Are: - Anxiety - Allergies - Cold & Flu - Headache - Stomach - Nausea - Acne & Skin - Arthritis - High Blood Pressure - Diabetes So...



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