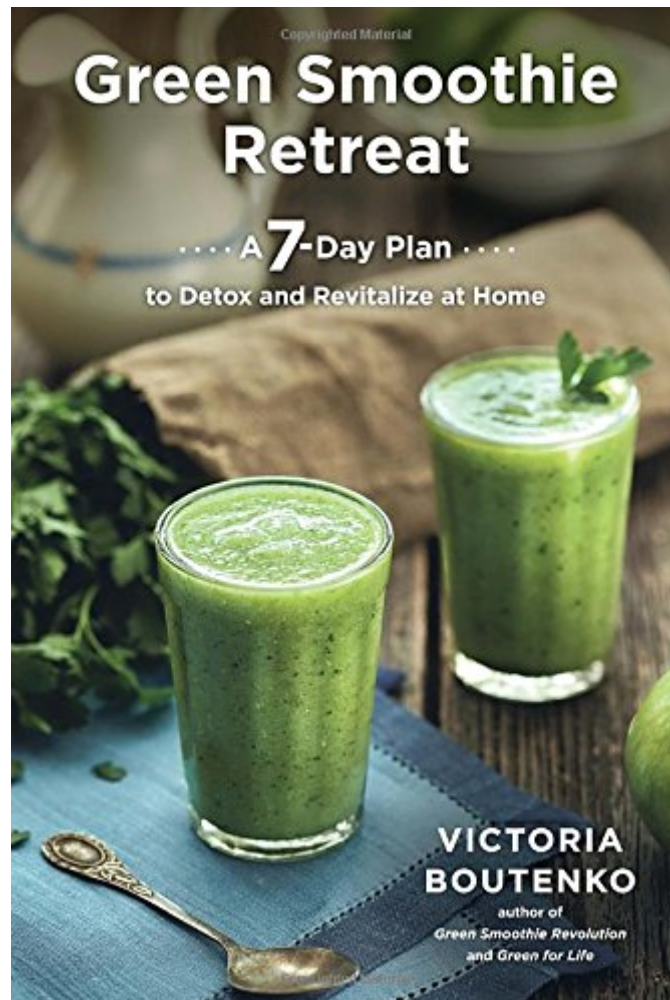


Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home PDF



 **Download**

 **Read Online**

Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home by Victoria Boutenko
ISBN 1583948600

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 Retreat

- Chapter 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, the Queen of Greens from Australia
- Three Generations Benefited from Green Smoothies
- Improved Vision and Vibrant Energy
- Candida and Chronic Fatigue Reversed
- The Doctor Said: "We won't See Each Other Anymore."
- Green Smoothies are Satiating
- Seven Days of Green Magic
- Teacher Inspired Students to Drink Green Smoothies
- Stomach Pains Completely Gone
- I Feel Younger, Healthier, and Happier Than Ever.
- Out of The Wheel Chair and Rheumatoid Arthritis Gone
- From Mom to Daughter to Family to All People of Seattle: Drink Smoothies!
- Sometimes It Takes Longer to Heal

Mom Put Son's High School on Green Smoothies for a Year.

Part 3. Recipes

Sweet Green Smoothies

Green Soups

Green Puddings

Bibliography

Index

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

This Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home having great arrangement in word and layout, so you will not really feel uninterested in reading.