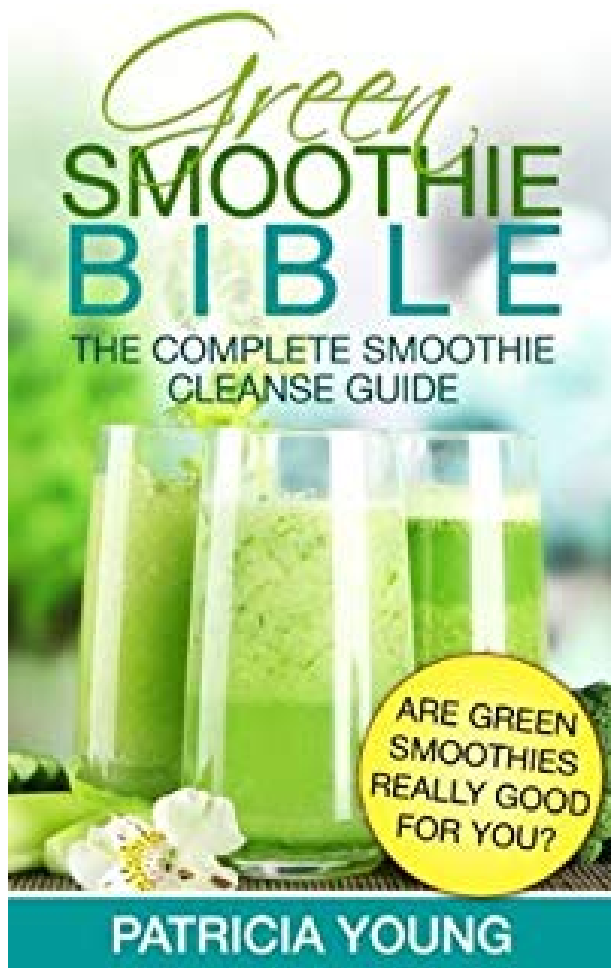


# Green Smoothie Bible: The Complete Smoothie Cleanse Guide: Are Green Smoothies Really Good For You?



**Genre:**

Health

**Language**

English

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**ASIN**

B00K50O9NU

**Goodreads Rating:**

3.55

**Published:**

April 24th 2014 by David Fry

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Green Smoothie Bible: The Complete Smoothie Cleanse Guide Are Green Smoothies Really Good For You? “Green Smoothie Bible: The Complete Smoothie Cleanse Guide” is suited for those individuals that are seeking a healthier restart for their bodies and simply want to get rid of the built up toxins before making the transition to a healthier lifestyle. For many who have already made the transition a green smoothie is a burst of energy in the morning and simply a way to keep of those pesky pounds. The nutritional value of a green smoothie also outweighs some of the other dietary options.

The book explains all of that and more. The benefit of incorporating green smoothies into the diet is outlined as well. Here is a Preview of What You Will Discover When You Download The Green Smoothie Bible Adding Wheatgrass To Your Smoothie Why Do Smoothies Turn Brown Do Smoothies Give You Gas? Are Smoothies Healthy For Diabetics? Are Smoothies Safe During Pregnancy? Smoothies- Are They A Good Choice For Losing Weight? How To Make A Healthy Fruit Smoothie For Breakfast Raw Food Smoothies 3

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