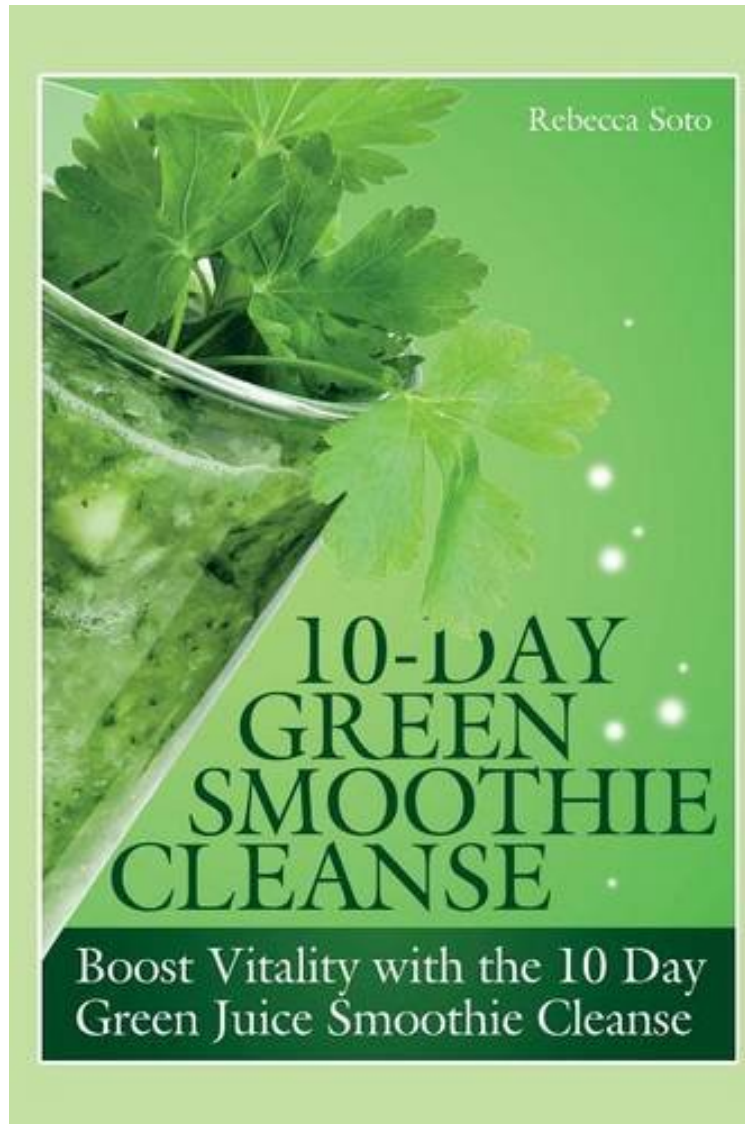


10-Day Green Smoothie Cleanse: Boost Vitality with the 10 Day Green Smoothie Cleanse

Rebecca Soto

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Rebecca Soto : 10-Day Green Smoothie Cleanse: Boost Vitality with the 10 Day Green Smoothie Cleanse before purchasing it in order to gage whether or not it would be worth my time, and all praised 10-Day Green Smoothie Cleanse: Boost Vitality with the 10 Day Green Smoothie Cleanse:

0 of 0 people found the following review helpful. I had different expectations about this book because of its name: "Green smoothie cleanse".By Nirk LauraI got the kindle version of this book, but unfortunately I wouldn't give it 5

stars. Nowadays everybody is talking about eating healthy, and this book is not different. The introduction gives you some reasons why you should try this 10 days challenge plus the benefits you could expect after complete it. In my opinion it says the same everywhere. I have been practicing the green day smoothie cleanse and the reasons it was not 5 stars for me are: 1. There is not pictures. I consider pictures pretty important in a recipe book because everything comes through the eyes, and for me the pictures are inspiring and a guide of who my dish should look like. 2. I was expecting more recipes with GREEN stuff as celery, lettuce, broccoli. everything in the same smoothie but most of the ingredients are not green. I would say the average is only one green ingredient by recipe. I should say it has around 35 different recipes plus a daily eating plan. Maybe I had different expectations about this book because of its name: "Green smoothie cleanse". I hope you find this review helpful. If so, please click the YES below this review like your feedback. Thanks for stopping by! I received this product on a promotional discount for my honest review and they are 100% my own opinions. I received no compensation for this review and I am not required to give a positive review. I am also not associated with the seller in any way. 0 of 0 people found the following review helpful. great book to detox By TheNickster 10-Day Green Smoothie Cleanse: Boost Vitality with the 10 day Green Smoothie Cleanse Kindle Edition by Rebecca Soto (Author) is a great book. I have one juicing book I use. Not a detox one tough. I used to detox on juices all the time 30 years ago and felt so much better. My education as a nurse and minor in nutrition tells me it is good for me. It is just hard to start back up is all. It tells you in the book that you need to detox and why. As a nurse I know why. I have seen what a terrible eating program can do the digestive tract. John Wayne died of colon cancer and on autopsy he had 40 pounds of bowel in his colon. Health is not the only benefit though, energy. I remember having much more energy. It is a great way to keep going through the day. With the right ingredients you will burn your own glucose and fat stores for the energy you need. You should always use different types of products in your smoothies, one your bowel will not get used to it and two you need something different. The book explains some of this. For a full 10 day detox diet this is excellent. I think the longest I went on one was 30 days. Don't get me wrong it is hard to hold motivation for even ten days, you will be amazed at what comes out of your body in that time though. Certain foods you have to avoid on the diet and Ms. Soto lets you know what to avoid and what not to avoid. So don't worry you will be fine. As a nurse I have to say to protect my license that you should consult a doctor before ever detoxing. Now did I? No, I know its good for me. Doctors get about 30 credits of nutrition in school, I have 60. Plus I don't believe in so much medication. Yep my great grandpa said when you go to the doctor that is when you start to die. Lol. I receive products for free or at a reduced cost. I am required to give an honest review though. Please rest assured this is an honest review. Thank you The Nickster 0 of 0 people found the following review helpful. >>> Plant-Based Diet Can Help One's Health, but Moderation, Variety, and Exercise are Key By Justin Time The premise of achieving better health through proper nutrition and exercise sits on very solid foundations. Therein come books like this one delivering colorful ideas for nutritious and healthier lifestyle. For those seeking 'formal' and reliable confirmations and research results on the power of Greens and Fruit, this site will give you everything you want to know and more (NutritionFacts.org). The site advocates Plant Based diets, and is NOT affiliated or merchandised or sponsored by any company. It's the product of one passionate Doctor who sells you nothing but the latest research on the subject, and you don't have to turn Vegetarian (I am not) to benefit from that info. Back to the book itself - It's choke full of great smoothie recipes. It has a preface of 2 chapters about the importance of managing your digestion track's health in order to effect positive changes on many aspects of your life, from a sense of general well-being to having more energy, and for weight loss. It closes with a list of smoothies for the stated 10 day plan. I would have loved to see photos of the finished products with the number of calories per serving with each. Also, I personally think that it is important to chew your food and not just drink it up because chewing it is there for a reason: You start processing the food while chewing with enzymes in your mouth, and also have a better sense of when to stop eating. When actually tasting foods you know if your body is agreeable to them, but drinking it skips that step. Drinking smoothies provides no 'control' over how much food your stomach ends up with either. The good news is that being almost exclusively veggie and fruit based, the smoothies don't pack much calories in them anyway. Finally, for those few who are in this not for weight loss, be careful, because if these are all you get into your system, then you might actually fall short of a normal daily caloric intake requirements which can lead to increased ketones and danger of losing body mass, specifically muscle. However, a 10-day cleanse should not adversely affect it that much.

The 10-Day Green Smoothie Cleanse Recipe book is packed with everything you need to successfully start your own green smoothie cleanse. It offers step by step instructions that will help you embark on your journey to a healthier body. This book includes many delicious green smoothie recipes that will keep you from getting bored while you are on the green smoothie diet. Of course, this book offers much more than just green smoothie recipes - it also provides information on the benefits of doing a green smoothie detox, tips for getting started and signs that you need to try this cleanse. What You'll Get With this green smoothie cleanse recipe book you'll get the following: - Information on the green smoothie cleanse plan and how it works - A look at the benefits of consuming green smoothies - Helpful information on what foods to include in smoothies - A list of foods to avoid while following the green smoothie diet - Many great green smoothie recipes for you to enjoy, from fruity drinks to spicy veggie smoothies - A helpful 10-day

meal plan to make this diet easy for you to follow - Information on how to come off the cleanse safely for the best weight loss results Whether you want delicious green breakfast smoothies, smoothies packed with protein or smoothie options that boost your immune system, you will find them all in this helpful recipe book. With more than 30 different smoothie recipes, you can enjoy a wide variety of flavors while on the green smoothie cleanse. Even after you complete the 10-day cleanse, you will still find these recipes useful, since you'll want to continue adding smoothies to your diet to continue losing weight or to maintain your weight loss results.