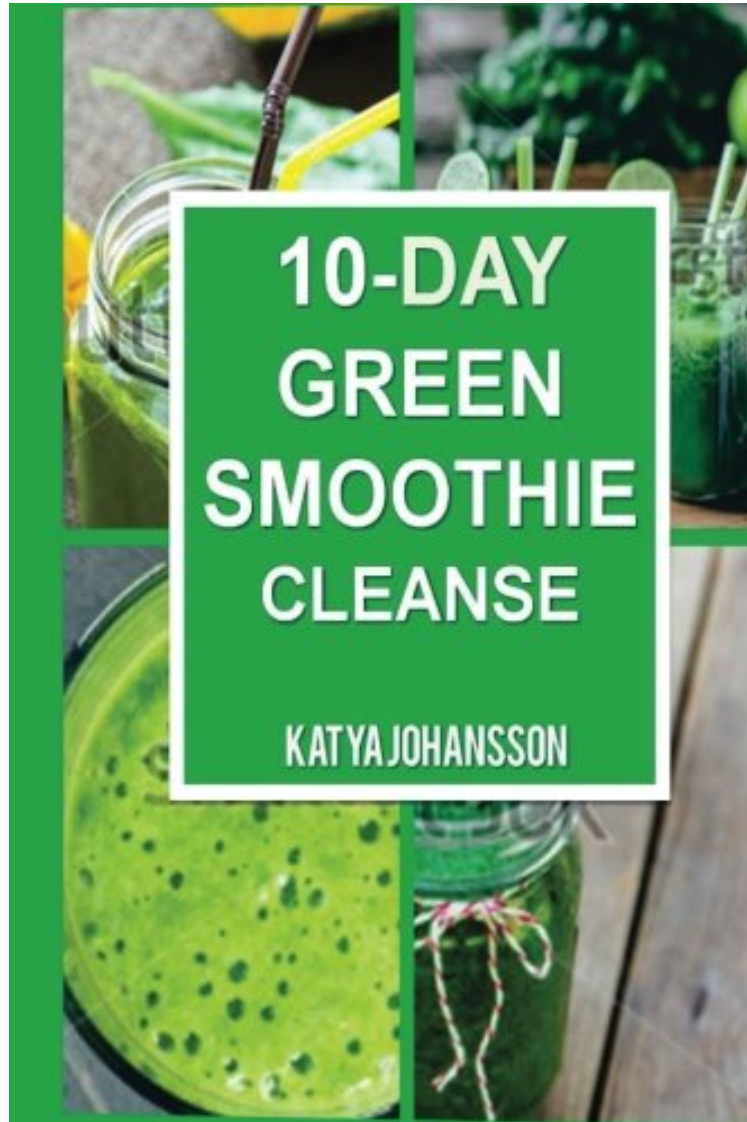


(Pdf free) 10 Day Green Smoothie Cleanse: Purify Your Body With A Simple Green Smoothie Detox

# 10 Day Green Smoothie Cleanse: Purify Your Body With A Simple Green Smoothie Detox

*Katya Johansson*

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**Katya Johansson : 10 Day Green Smoothie Cleanse: Purify Your Body With A Simple Green Smoothie Detox** before purchasing it in order to gage whether or not it would be worth my time, and all praised 10 Day Green Smoothie Cleanse: Purify Your Body With A Simple Green Smoothie Detox:

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It will help us understand on what Green Smoothie really is and its health benefits. It will also guide us on how we can lose weight properly. This book will give you some recipes that can keep our tummy and taste buds satisfied which cause your mouth water wet and you cannot stop yourself to eat those recipes. 0 of 0 people found the following review helpful. Three Stars By Fredok

**10 DAY GREEN SMOOTHIE CLEANSE: Purify Your Body With A Simple Green Smoothie Detox** By definition, Green smoothies are a delicious blended drink made from fruit and leafy greens. Leafy greens as their name suggests, are green leaves of edible plants. A green smoothie is a thick beverage made from blended raw fruit or vegetables with other ingredients such as water, ice, dairy products or sweeteners. These healthy green smoothies are made by blending raw leafy green vegetables with fruit in order to soften and sweeten the drink. The most popular vegetables used in green smoothies are kale, spinach, Swiss chard, collard greens, celery, broccoli, and parsley. The consumption of raw, leafy green vegetables as occurs when a person drinks green smoothies, can bring at first a person feel great after adopting this habit, particularly if he or she is coming off a highly processed, nutrient poor diet. Blending the greens in a powerful blender, causes to liquefying the greens far more thoroughly than we can by chewing. This releases the nutrients from the cellulose, which is indigestible, and makes them more accessible to our digestive system. Digesting food creates free radicals; therefore we have to be sure the food we eat has to be packed with antioxidants. Some examples of antioxidant rich foods are: Chia, Raw Cacao, Blueberries, Strawberries, Beets, Red Wine, Green Tea and Pomegranates. Digestion isn't the only physiological source of free radicals; exercise is too, so there is an additional reason to eat sufficient amounts of antioxidants. It is well known to all of us, that if we want to stay healthy we should eat a lot of greens. But many people don't like to eat greens. Even if you're one of the people who does like greens, in order to get more nutritional and health benefits from the greens is to eat them raw, and to chew them very thoroughly to shatter the cell and obtain the nutrients within. But the amount of chewing required is so large that it makes it difficult. Green smoothies are a perfect solution for those issues.

**The Basic Recipe For A Green Smoothie:** In order to make a green smoothie add 4 cups of water to your blender. Rinse the desired quantity of greens, and remove any thick leaves or stems. Add greens to the blender. Put on the lid and blend, starting on low and turning your blender up to high. Blend until completely smooth. Add bananas or mango depending on how thick you like your smoothies. Add other fruit and berries at taste, removing pits, cores and peels if necessary. Blend again until smooth. It's ready!

Start a full 10 DAY GREEN SMOOTHIE CLEANSE with such recipes: Smoothies for weight loss-Green Veggie Drink-Mango Smoothie-Slimming Green Smoothie-Blueberry Smoothie-Berry Oats Smoothie-Chocolate Peanut Butter smoothie-Apple low carb Smoothie-Orange Weight Loss Smoothie-Detox Green Smoothies-Super Green Detox-Detox Green Smoothie-Berries Smoothie-Pineapple Spinach Detox Smoothie-Pear Avocado Smoothie-Papaya Smoothie-Pear Avocado Smoothie with Chia Seeds And Much More! So scroll up and click the "but now with 1-click\*" to get started with your 10 day green smoothie cleanse, for weight loss and healthier living!