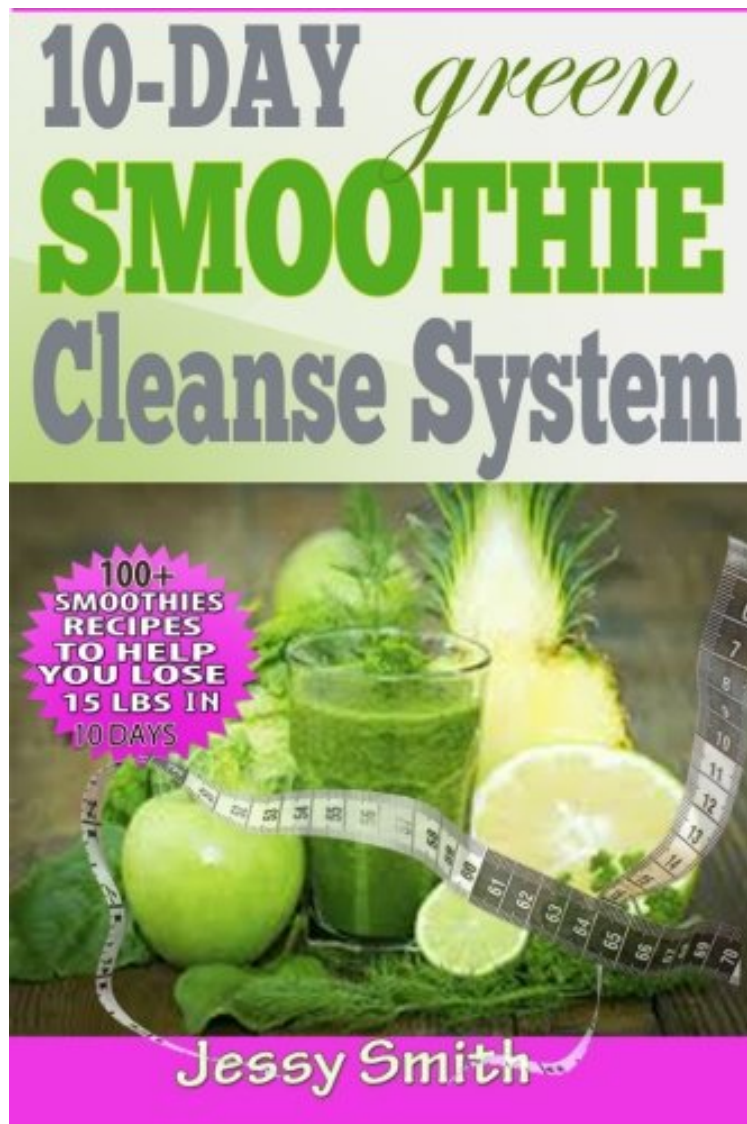


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7 of 7 people found the following review helpful. 10-Day Green Smoothie Cleanse Made EasyBy AnnT10-Day Green Smoothie Cleanse System,” starts by discussing the purpose of a cleanse, how to prepare and get started, how to combat cravings during the cleanse and 10 tips for creating a successful cleanse.A very important chapter talks about dealing with the effects of the cleanse. Your body is getting rid of junk and you may end up feeling pretty yucky for a while. The author, Andry Brown tells you what to expect, why it is happening, and what to do to reduce any discomfort.Parents will love the chapter focused on Kids!And finally there are the 100 recipes! These include green smoothies for a maximum cleanse, a modified cleanse and recipes for after your cleanse. There are also smoothie recipes for diabetics, for anti-ageing and for added energy.Many of the smoothies can be made from ingredients you normally have in your refrigerator and kitchen, other recipes are more exotic and will require a shopping trip. I confess to loving many of the exotic recipes because they made the cleanse process thoroughly enjoyable and never boring! My absolute favorite recipe was the Peachy Dream Smoothie. I can't get enough of it! If you want to lose weight with a smoothie cleanse, then this book is the one for you. Highly Recommended0 of 0 people found the following review helpful. Be aware!!!!This is NOT...By Thomasean BrittenThis is NOT JJ Smith's 10 day Cleanse even though the cover is very very very similar. Even the J Smith name might fool you. I was fooled. I purchased a hard copy and a Kindle version of what I thought was the same book....NOT! I found out the hard way while at Sam's Club looking for the grocery list...I hope I got everything I needed. I will use this book when I am finished with JJ Smith's cleanse and update my review...0 of 0 people found the following review helpful. Five StarsBy Brenda GatesGreat!

10 Day Green Smoothie Cleanse System: Over 80+ All-New Green Smoothie Recipes to Help you lose 15 Lbs in 10 Days Recommended For those on the 10 day green smoothie cleanse Do you know that you can easily lose up to 15 pounds in 10 days? Have you tried other weight loss program and it Didn't Work? Do you want to know the secret of losing weight fast in just 10 days? You are about to discover an undisclosed secret of losing 15 lbs in just 10 days using green smoothies in this 10-day green smoothie cleanse system guide. Whether you are trying to improve your health, lose weight, get more energy, or clear your skin—one habit that will help you tremendously to achieve your goals quickly and easily is drinking green smoothies every day. Most people know that to be healthy and achieve the ideal weight they should be eating a healthy diet that includes loads of fresh raw fruits and vegetables. However few people are able to actually do that consistently each and every day, so you may need to use some tricks to make it easier for yourself. That's one of the reasons why green smoothies have been growing in popularity so quickly - they are SUPER HEALTHY, SUPER EASY to make, and SUPER TASTY too! In this life changing 10 day green smoothie cleanse book you would learn: Benefits of green smoothie to your health. How to stop food Craving. Great tips for the green cleanse. 12 Best Tips for a healthy Cleanse. Answers to all FAQs. 2 diet plan that will help you achieve your weight loss goal. 100+ New Unique Green Smoothie Recipes, which includes After cleanse Superfood Smoothies, Best Anti-Aging Smoothies, Diabetes/ Blood Sugar Solution Smoothies Energy Boosting Smoothies. ... And So Much More If you complete this cleanse successfully, you would not only look slimmer and healthier, you would also look younger Sexier than you have in years. What are you waiting for, Scroll up and Buy Your Copy Now to get Started