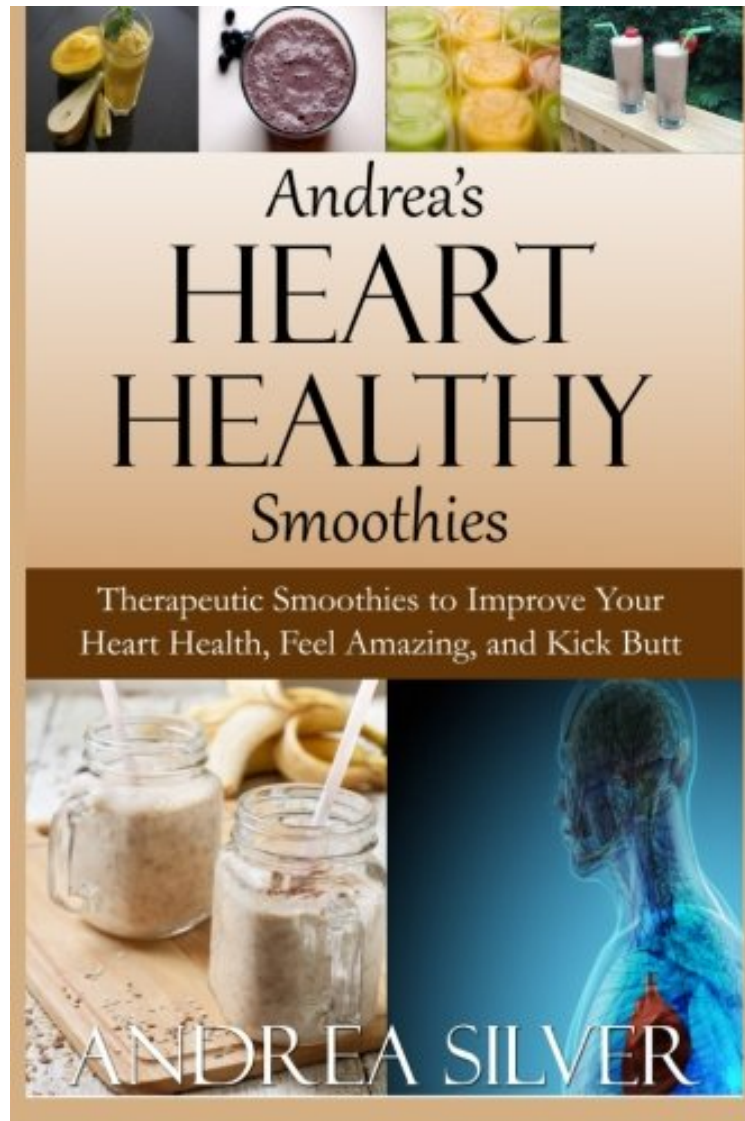


[E-BOOK] Andrea's Heart Healthy Smoothies: Therapeutic Smoothies to Improve Your Heart Health, Feel Amazing and Kick Butt (Andrea's Therapeutic Cooking Collection) (Volume 4)

## **Andrea's Heart Healthy Smoothies: Therapeutic Smoothies to Improve Your Heart Health, Feel Amazing and Kick Butt (Andrea's Therapeutic Cooking Collection) (Volume 4)**

*Andrea Silver*

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**Andrea Silver : Andrea's Heart Healthy Smoothies: Therapeutic Smoothies to Improve Your Heart Health, Feel Amazing and Kick Butt (Andrea's Therapeutic Cooking Collection) (Volume 4)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Andrea's Heart Healthy Smoothies:

Therapeutic Smoothies to Improve Your Heart Health, Feel Amazing and Kick Butt (Andrea's Therapeutic Cooking Collection) (Volume 4):

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Recipes are printed in liter system and that requires time to convert. I don't like that. Recipes look okay but seem repetitive with only slight changes.

Within this book is one of the tastiest ways to explore a heart healthy diet. Surprising ingredients like avocado, flax and chia can all come together to create a style of smoothie that is excellent for your heart. As a smoothie nut myself, I've been experimenting with recipes for years. Nobody ever knows what's in my oddly tinted glasses, but usually once they taste it—they want to know where it came from, and how they can get some. As part of my Therapeutic Eating Collection, I am creating recipes that can strengthen your immune system, help your heart, and prevent cancer. Altogether, the idea is to transform into a real superhero of health, Are you ready to join me? This book is available on Amazon / Kindle with one click, and a Kindle is NOT needed to read it—just use your web browser. Alternatively, grab a paperback edition for you or a friend.

About the Author  
Andrea from Phoenix, AZ is a long-time holistic cooking enthusiast. She works to help balance people's minds and bodies, to ensure greater health during the short periods of time we have here. A believer in balancing the body's pH level and alkalinity as a source of long-term health, she believes many common diseases can be attributed to modern diets, and cured more easily than the medical industry would have us believe.