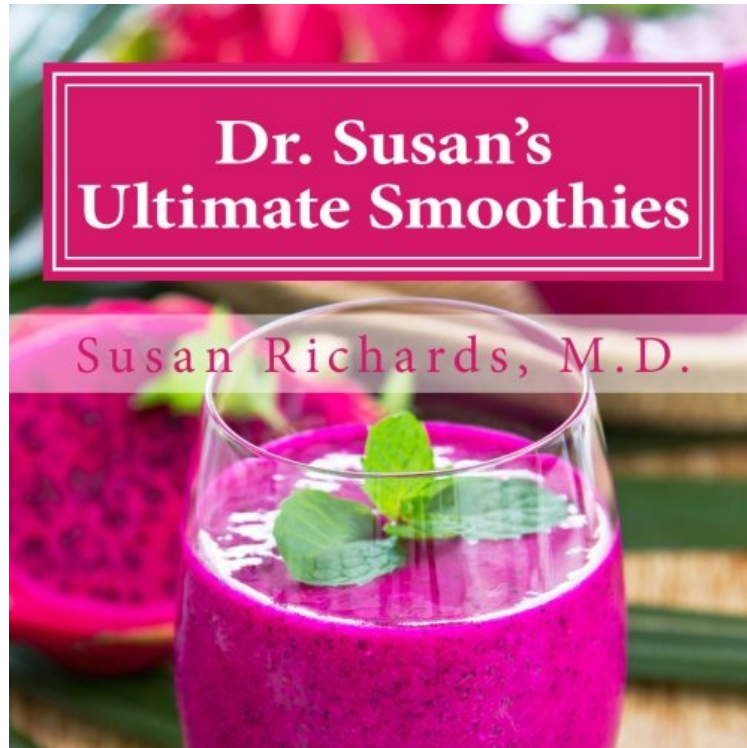


## Dr. Susan's Ultimate Smoothies

*Susan Richards M.D.*

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**Susan Richards M.D. : Dr. Susan's Ultimate Smoothies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dr. Susan's Ultimate Smoothies:

Do you want to lose weight easily and shed unwanted pounds, have abundant energy and vitality, strong immunity and heart and hormonal health? Then, Dr. Susan's Ultimate Smoothies is the one book that you must have! Susan Richards, M.D., one of the most acclaimed medical doctors in the field of alternative and nutritional medicine has created over 125 of the most delicious and healthy smoothie, shake, green drinks and homemade nondairy milks you will ever taste. Her recipes are scrumptious, super healthy and very easy to make. Her delectable smoothies and shakes will support your hormonal balance, heart health and immunity, strong, dense bones and radiant, glowing skin and hair. They will also support your energy, digestive health and will help you shed unwanted pounds and maintain your ideal weight. Her wonderful recipes are based on years of working with many thousands of patients and developing tasty, easy to make and delicious smoothies and shakes to support her patients' health and wellness. Her family and friends have also enjoyed and greatly benefitted from her smoothies and shakes as well! This incredible book also contains recipes for fresh, homemade nondairy milks if you would like to use them in your shake and smoothie recipes. They are simple and easy to make at home if you would like to try them instead of using the prepackaged milks from your local supermarket or health food store. You will love Dr. Richards nutritionally balanced, healthy and delicious recipes! Her

smoothies, shakes, green drinks and homemade nondairy milks are full of a wide variety of vitamins, minerals, fiber, essential fatty acids, antioxidants, herbs, superfoods and even healthy, easy to assimilate sources of protein. You can use her smoothies and shakes as a meal replacement or as a delicious healthy snack that will provide you with great benefits for a wide variety of your health and wellness needs. You can also use them for weight loss and sports programs and events. In addition to the best shake and smoothie recipes you will ever taste, this incredible book contains: - Important information on the health and nutritional benefits of smoothies - Why smoothies and shakes are so beneficial for healthy digestion and how the process of digestion works - Helpful facts on the differences between juicing and smoothies, when to use smoothies or juices for the best health benefits - How to select smoothie ingredients and the important information on eating for your body type and how to create the right type of smoothies and shakes for your body type - Creative tips for using the ingredients and how to keep your pantry stocked with smoothie basics - How to use the blender to make smoothies, information on the best blenders, cleaning your blender, and storage of smoothies if you have leftovers - Very beneficial, in-depth information about the health and nutritional benefits of the best ingredients for your smoothies, shakes, green drinks, and nondairy milks including helpful, informative charts of ingredients - Comprehensive recipe sections on smoothies and shakes for all occasions, fantastic green and veggie smoothies, unsweetened, sweetened and flavored homemade nondairy milks - The recipes have helpful information about their nutritional benefits You will greatly enjoy and benefit from Dr. Susan's Ultimate Smoothies. You will treasure the incredible book for years to come!