



Green Smoothie Cleanse: 15-Day Healthy Detox Program with Recipes for Rapid Weight Loss! (Vitamix Cookbook)

Chelsea Horn

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If you are interested in having a slim, healthy and full-of-vitality body, but do not find yourself among those annoyingly-lucky persons who are happy enough to eat whatever they want and still not gain any excess fat, you are definitely familiar with a wide list of diets that promise large number of pounds lost in a couple of days or so.

But let's face the ugly truth: there is no such thing as a healthy and easy diet that works fast and has permanent effects. It takes motivation, determination and patience to achieve the results that you want. One of the biggest mistakes that most people make is to diminish the importance of a detox period that has the purpose to prepare the body for the following stage.

But detox diets are not only for those who want to lose weight. Even if our body looks healthy on the outside, the inside might be full of poisonous chemicals from the foods that are today exposed in all markets. Thus, a detox with leafy greens and healthy fruits is exactly what our body needs to get the power to work again at its full capacity.

Green Smoothie Cleanse. 15-Day Healthy Detox Program with Recipes for Rapid Weight Loss! offers extremely useful information about the benefits of such a diet and guidance for the first 15 days.

Here is a preview of what you will learn from this book:

- Arguments supporting such a diet
- Why smoothies
- When should we consider "detox-ing" our body
- How will our body react to a diet based on green smoothies
- What other foods should be consumed in this period and which ones should be avoided

Cleaning your body must be done both on the outside and on the inside. Detoxify yourself and do it smart: with healthy, delicious and full of nutrients smoothie recipes.

Download this book, read everything you need to know, and try all this recipes for yourself.

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Kim Deyoung:

The reason why? Because this Green Smoothie Cleanse: 15-Day Healthy Detox Program with Recipes for Rapid Weight Loss! (Vitamix Cookbook) is an unordinary book that the inside of the guide waiting for you to snap this but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content within easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of rewards than the other book have such as help improving your expertise and your critical thinking technique. So , still want to delay having that book? If I were being you I will go to the book store hurriedly.

Whitney Martinez:

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