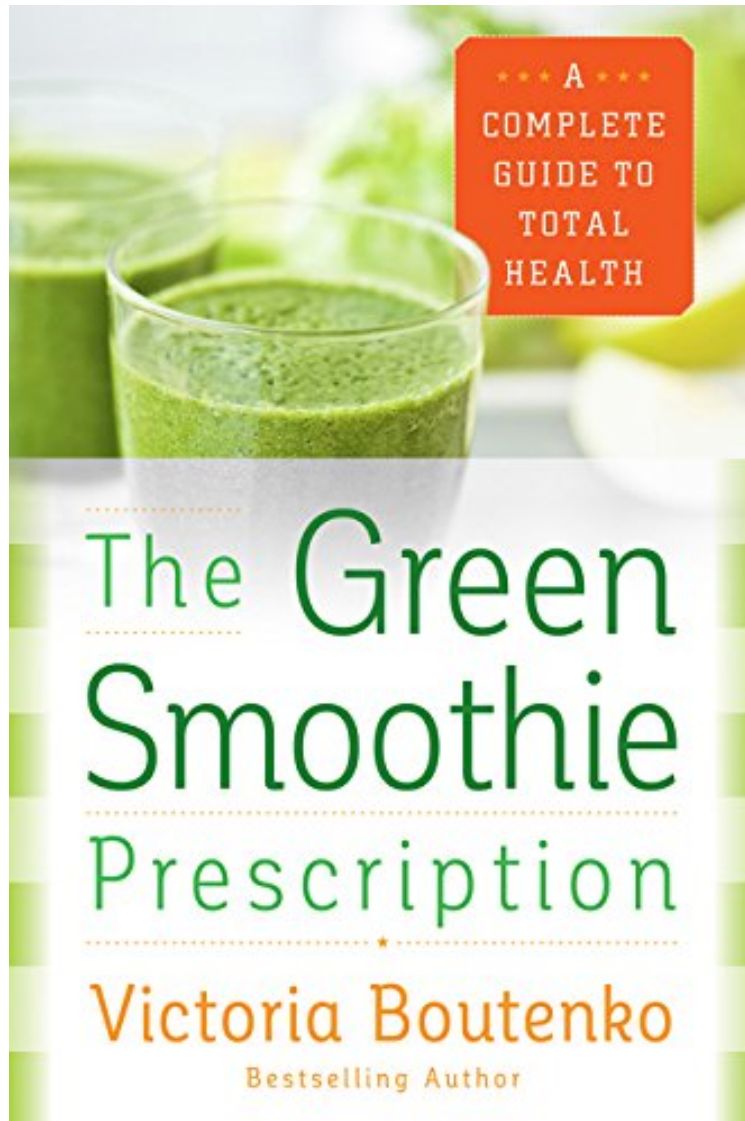


The Green Smoothie Prescription: A Complete Guide to Total Health

Victoria Boutenko

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Victoria Boutenko : The Green Smoothie Prescription: A Complete Guide to Total Health before purchasing it in order to gage whether or not it would be worth my time, and all praised The Green Smoothie Prescription: A Complete Guide to Total Health:

12 of 12 people found the following review helpful. VICTORIA DOES IT AGAIN!!By The realskinnyI always enjoy Victoria's books because they inspire as well as provide info for the average JOE or Jo. This book is no different, and

will be of very special interest to those who would like to explore raw foodism, fruitarianism or who want a boost in their energy and health each day. Green Smoothies are raw drinks which are addictive and provide a lot of energy and can help mental clarity. My husband, who normally thinks vegetables are simply garnishes for his steak grudgingly began drinking them in Nov of last year. Now, surprise, surprise, he has to have them without fail each morning and swears by them (this from a man who sneers every time he drives by a whole foods store) Good book, mostly full of more stories about what she did for herself and her family. If you read the book about her family, you will not get much new info, BUT you will get recipes for green smoothies and a recap. 22 of 23 people found the following review helpful. More greens, please! By CornbreadnRice I love Victoria's books and this one certainly isn't a disappointment. Whenever I read her books, I'm definitely encouraged to do more health wise. I want to eat all of the different greens that she talks about in her books and recipes. I have limited access to many of them, but I can dream. I have been juicing on a regular basis for about 3 years now, but when I ran across her site about 2 1/2 years ago, I started turning my raw juices into green smoothies and we love them--the greener the better. I have another one of her books, and I've read it through several times, and each time I read it again, I learn something new. I would recommend this book, and have recommended it to my friends and family. I love the healthy prospective, I am so encouraged by the way she and her family were able to overcome health challenges by changing their lifestyles and adding a healthy diet--when I read about that, I was all IN. She gets 5 stars from me. 13 of 13 people found the following review helpful. A great book on health through green smoothies By P. Nowak I gobbled up this book right when it arrived. There is a ton of information on what ingredients contain in the way of minerals and vitamins along with what ailments they can reduce. It's a very easy to read book. I found it helpful to continue my knowledge of why green smoothies are so good for us. The last chapter had success stories, too. I'm looking forward to using the new recipes.

Raise a Glass to Your Health! Dark, leafy greens contain an astonishing abundance of nutrients, with enzymes, antioxidants, and minerals that hold extraordinary benefits for our mind and body. In *The Green Smoothie Prescription*, raw food pioneer and international bestselling author of *Green for Life* Victoria Boutenko provides a comprehensive guide to the healing capabilities of green smoothies. This easy-to-use and information-packed book features over 150 delicious recipes and an A-to-Z list of the most effective nutrients in battling everything from minor colds and aches and pains to chronic conditions and weight loss. These unique smoothies are the easiest, fastest, and most delicious way to consume the amount of greens necessary to achieve and sustain total health. FEATURING SMOOTHIES FOR: Beautiful Skin; Colds Flu; Stress Reduction; Detox Cleanses; Weight Loss