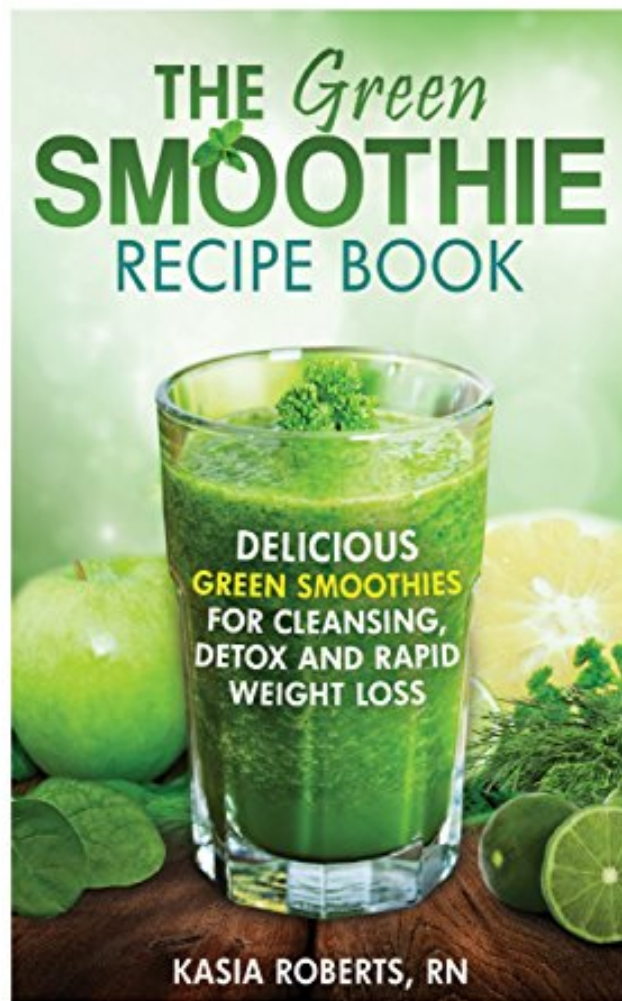


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Kasia Roberts RN

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Are you looking to discover all of the benefits of incorporating green smoothies into your lifestyle? Look no further!!!
Lose Weight
Detoxify the Body
Boost Your Immune System
Get Radiant Hair, Skin and Nails
Increase Energy and Live Longer
Before these delicious, simple-to-follow green smoothie recipes are introduced, you'll get the chance to learn many of the fundamental factors as to why these elixirs are important for your health. You'll discover how green smoothies can help with weight loss, detoxification, and even beautification! All recipes included consist of a wide range of plant-based foods such as fruits, vegetables, leafy greens, coconut water, coconut milk, hemp seeds, chia seeds, almond butter, almond milk and ginger root! Upon embarking on your green smoothie journey, you'll discover all of the health-changing benefits such as: increased energy, a clearer mind, and a better sense of well-being! Green smoothies make consuming sufficient amounts of fruits and vegetables seamless and enjoyable. For those who cringe at the thought of eating a salad, these are the perfect alternative. And best of all, they need not take extra time out of your day, as a matter of fact they may even save time! **SCROLL UP AND GRAB YOUR COPY TODAY!**

About the Author
Kasia Roberts, RN, BScN, BASc, BA is a Registered Nurse and Nutritionist in Ontario, Canada. Kasia is a firm believer in the body's own natural ability to heal itself with daily meditation and whole, natural, organic food and herbs. Kasia is passionate about health and healing and can personally identify with many of her clients as she has overcome a host of her own health challenges. Kasia specializes in weight loss and maintenance, food allergies, health promotion and disease prevention. Besides writing about food and well-being, Kasia works and has extensive experience in the field of Mental Health specifically in the areas of eating disorders, addiction, depression and anxiety. Kasia is passionate about cooking, horseback riding, reading, travel and outdoor sports.