

The New Green Smoothie Diet Solution: Nature's Fast Lane To Peak Health

Liz Swann-Miller

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#953858 in Books 2012-11-08 Original language: English PDF # 1 9.00 x .25 x 6.00l, .34 #File Name: 1480150223108 pages | File size: 40.Mb

Liz Swann-Miller : The New Green Smoothie Diet Solution: Nature's Fast Lane To Peak Health before purchasing it in order to gauge whether or not it would be worth my time, and all praised The New Green Smoothie Diet Solution: Nature's Fast Lane To Peak Health:

2 of 2 people found the following review helpful. A place to start. By Texas Raw Diet Solution is the key words in the title of this book. This book is good for anyone who wants/needs a change to better their health, so this is a good start.

Having followed the Raw Movement for several years, I would follow the food combining rules that are not strong in this book. Melon was used in a smoothie, which if you follow the combining rules, you eat before anything else, eat melons alone, and wait at least 10 minutes. Also, a large amount of goji berries was recommend for a smoothie. Gogi berries at my local grocery is \$21 lb. \$3 to \$4 worth of gogi berries in one smoothie??? After reading this book, if you want to continue to learn, go to the library and look up "raw foods" and most will have the food combining rules. Online you can find many food and fruit combining rules. A book I highly recommend is "The Beauty Detox Foods: Discover the Top Beauty Foods etc" by Kimberly Snyder. It is not easy to incorporate this way of eating into your diet, but just having the knowledge starts you in the right direction."The New Green Smoothie Diet Solution" is not perfect, but none are. If it worked for the author, then try it. 1 of 1 people found the following review helpful. I LOVED most of the recipes....you're not gonna love 'em all, of course, but I highly recommend this!By JeenuhI tried some of these smoothie recipes with friends that came over for the weekend. They're super into liquid diets. I was skeptical, but shocked, nonetheless. The results were really fascinating- they all came out great. Of course this is a great way to stay healthy, but much more than that, most of the drinks taste really good. otherwise, i wouldn't think much of book.1 of 1 people found the following review helpful. You'll Feel Energized Just By Reading It!By F. Scott FitzgeraldThis book gets right to the point about green smoothies, their benefits and the best combinations of fruits and greens for specific needs. It's not full of 'fluffy' information that ends up just being filler ... it doesn't need that. It's a quick read but a constant go-to source for my green smoothie recipes. I highly recommend this book especially if you are new to green smoothies like me.

New Bestselling Green Smoothie Book Now Available In Print Version! Join The Green Smoothie Revolution For Abundant Radiant Health! Feeling tired, stressed and depressed? Introducing a simple, affordable, mouth-watering way to improve your health from the inside out. The "Green Smoothie diet Solution"; gives you a simple, immediate and complete blueprint you can start using today to achieve new levels of health and well being! Expensive equipment Not Required! Hard to find exotic fruits and vegetables, Not Essential! And as a bonus, yoursquo;ll spend less than you normally would at the supermarket, while enjoying all of the nutritious benefits of deliciously tasty green smoothies. Inside Yoursquo;ll learn How To: Create the perfect smoothie every single time (stepndash;by-step) Balance sweet and savory flavors for maximum taste Rotate greens for maximum efficiency Supercharge your smoothies with next level ingredients Purchase the best blender without breaking your budget Licensed Naturopath and Raw Food Expert, Elizabeth Swann focuses on the 7 critical factors of peak health and how to easily achieve them. This Book Will Show You How To: Overcome sugar cravings and shed inches fast Detoxify your body Fight the negative effects of stress Feel happier and calmer Increase vitality And improve the look of your hair and nails Over 30 flavor packed, health infused recipes that are guaranteed to be: 100% Kid friendly 100% Budget friendly 100% Budget friendly 100% Quick Easy to prepare 100% Quick Easy to prepare 100% Created with ingredients you can find anywhere Limited Time Bonus Get instant access to Elizabethrsquo;s online e-course "10 Days To Everlasting Health"; which is currently selling for \$17, but you get it for FREE when you purchase this book. Get your copy of The New Green Smoothie Diet Solution and start feeling great from the inside out today!

About the AuthorElizabeth Swann (Miller) has over 10 years of experience as a practicing Naturopath (ND) specializing in healing through nutrition. She has degrees both in Psychology and Naturopathy. As a person struggling with overweight throughout her childhood, teens and early 20's, Elizabeth decided to take charge, take stock and start making changes in her life for the better. Her experiences with thousands of clients and her own personal experiences have led her to become an author. Her goal is to educate as many people as possible about the healing powers of food and how to easily incorporate these changes into daily life. Elizabeth has two daughters and currently lives and practices in Mount Carmel in sunny Israel.