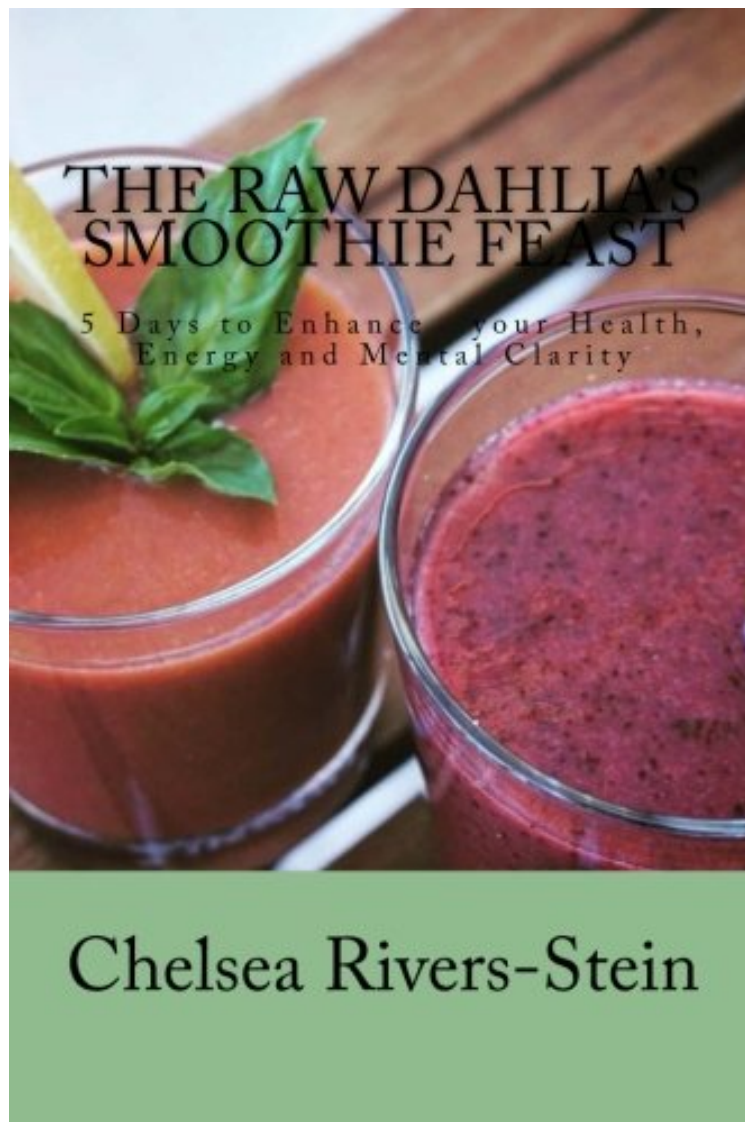


[Mobile ebook] The Raw Dahlia's Smoothie Feast: 5 Days to Enhance your Health, Energy and Mental Clarity

## The Raw Dahlia's Smoothie Feast: 5 Days to Enhance your Health, Energy and Mental Clarity

*Chelsea Rivers-Stein*

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**Chelsea Rivers-Stein : The Raw Dahlia's Smoothie Feast: 5 Days to Enhance your Health, Energy and Mental Clarity** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Raw Dahlia's Smoothie Feast: 5 Days to Enhance your Health, Energy and Mental Clarity:

Get Your Health and Your Energy Back on Track! This 5 day smoothie feast will reinvigorate you and help to improve your overall health, your mental clarity, your energy level and your body. With recipes that range from breakfast to dessert, the smoothies are filling, nutritious and taste amazing! You will never feel deprived as you go through this feast and start to supercharge your health. With this Smoothie Feast you'll learn recipes to get you on track for a healthier lifestyle, shed unwanted points as you detox toxins, retrain your body to crave healthy foods and have an increase in your energy and vitality. If you're ready to start looking and feeling better, then get ready to start The Raw Dahlia's Smoothie Feast!

About the Author Chelsea Rivers-Stein is The Raw Dahlia, a Raw Vegan Chef and an Integrative Wellness coach. She is passionate about teaching people to take charge of their health with holistic and plant based meals and other natural methods. Chelsea loves to help people overcome roadblocks that have been holding them back from achieving the future they dream of. Her gentle, inspiring approach make her a sought after partner in anyone's personal health quest. When she isn't in the kitchen creating new meals, Chelsea can be found outside exploring the beautiful Pacific Northwest with her husband and daughters. To learn more check out The Raw dahlia on Facebook, Instagram and Twitter and on her webpage [www.therawdahlia.com](http://www.therawdahlia.com).