



The Healthy Smoothie Recipes Book: 70 Healthy & Nutritious Smoothie Recipes For Weight Loss, Diabetes, Blood Pressure And Much More (Health & Fitness Ways To Improve Body & Mind)
(Volume 1)

Charlotte Wise

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Do you suffer from Arthritis, Blood Pressure, Diabetes, Stroke, Weight Gain, Hormonal Imbalances, Mood imbalances or any Autoimmune Disorders? Would you like to reduce Cancer risk through nutrition? Read this book and learn how to heal yourself with Healthy Delicious Smoothies that can rapidly help prevent and relieve a number of conditions. Consuming the daily recommendations of fruits and vegetables can be a challenge. Blending a couple of servings of each into a smoothie helps ensure you meet your body's daily nutritional needs. The ultimate healthy smoothie recipes are here: 1.How Are Smoothies Different From Juices And Protein Shakes? 2.Top 10 Power Smoothies For After Workout Recipes 3.Nutritional Smoothie Recipes For Weight Loss (Gluten Free, Dairy Free, Vegan and Paleo) 4.Top 10 Fresh And Delicious Smoothies For Anti-Aging 5.Green Smoothie Remedies For (Arthritis, Blood Pressure, Cancer Prevention, Diabetes and Stroke) 6.Surgical Recovery Smoothies 7.The Best Brain Boosting Smoothies 8.Frequently Asked Questions About Smoothies Learn to make Healthy Smoothies that are easy to create, tastes good and have proven healing benefits. If you know someone who is popping pills left and right, share this Healthy Smoothie Recipes Book with them - I know they will be forever grateful.

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