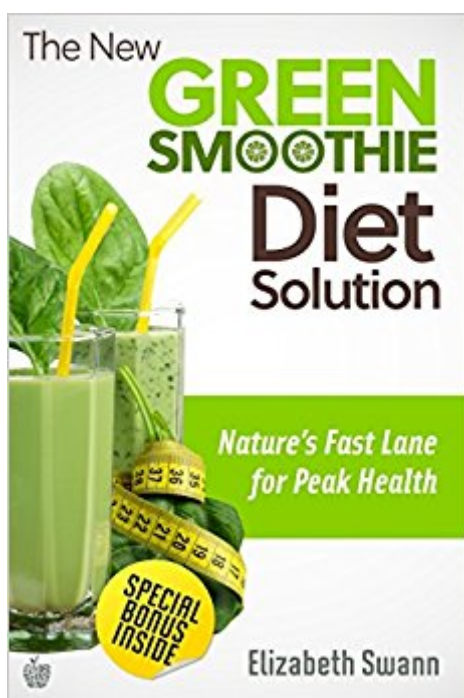


The book was found

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



Synopsis

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, you'll spend less than you normally would at the supermarket, while enjoying all of the nutritious benefits of deliciously tasty green smoothies. Inside You'll learn How To: Create the perfect smoothie every single time (step-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 Elizabeth'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!

Book Information

Paperback: 108 pages

Publisher: CreateSpace Independent Publishing Platform (November 8, 2012)

Language: English

ISBN-10: 1480150223

ISBN-13: 978-1480150225

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.7 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 76 customer reviews

Best Sellers Rank: #1,063,899 in Books (See Top 100 in Books) #72 in Books > Cookbooks,

Food & Wine > Beverages & Wine > Wine & Spirits > Collecting #710 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #7061 in \[Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets\]\(#\)](#)

Customer Reviews

Elizabeth 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.

I love green smoothies but knew I was in trouble the moment there was an okay to use Splenda as a sweetener. Yuck! Overall good recipes but just couldn't trust the author's knowledge after what I consider a sweetener mistake. It was helpful in listing some fruits and veggies I had not considered before in my smoothies.

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 gogi 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.

I 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.

This 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.

That's a nice book to get some good ideas about smoothies. I tried a few and were good. I don't usually follow recipes, so now, for everyday, I just use what I have at hand. It's good to get an idea of the calories you are getting on a smoothie too, if that's something of concern.

Love this book! It explains why smoothies will help you be healthier, how to select the best ingredients, how to choose a blender and why you need greens along with other ingredients. There are lots of tasty recipes to get you started on a healthier way of eating. Did you know that replacing just one meal a day with a green smoothie can help you lose weight, feel better and have more energy? :)

With my health issues I cannot use so many foods. There are many recipes here that are too high in carbs and sugars for my diet needs. That being said it does have a wonderful assortment of recipes. It has much better ideas than folks who eat poorly or eat fast foods. I highly recommend this book, especially if you wish to try to avoid health issues. Once you have some health issues it is too late!

I really can't say whether this diet works or not because I just could not stick with it. However it does remind me to eat more vegetables, perhaps not to liquidize them though! Something inside me tells me that it is probably a good idea to get all your veggies in one go, but tasty it is not.

[Download to continue reading...](#)

Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) The New Green Smoothie Diet Solution: Nature's Fast Lane To Peak

Health Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) The Ultimate Vegan Recipe and Green Smoothie Cookbook - 50 Delicious Vegan Recipes and 25 Amazing Green Smoothie Recipes Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes

Look Good Feel Better Live Strong (Smoothie Bible) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil,

Detox, Green Smoothie Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)