



30 Healthy and Crazy Good Smoothie Recipes: For Those Willing to Detox, Cleanse, Energize, Lose Weight and Live a Healthy Lifestyle (Even if you are a Diabetic)

Jeff Ramsey

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Do you need an easy way to start taking control of your health?

Are you in desperate need to lose weight? Do you feel tired and sick most of the time?

Do you want to detoxify yourself and get rid of all the harmful toxins that may be hurting your overall health?

Are you willing to replace your regular meal at least once a day with a meal which is loaded with nutrients?

If at least one of your answers to the aforementioned questions is “yes”, then a nutrient rich smoothie is just the answer for you.

Our body needs a variety of vitamins and minerals, which we get from our diet. When our body does not get sufficient amounts of vitamins and minerals, our body ends up getting some disease or the other. Raw fruits and vegetables contain loads of vitamins and minerals, which are very good for our body. So when we eat well, we feel healthier and happier.

Smoothies can be used as a healthy replacement to your regular meals. They take a very little time to prepare, as long as you have all your ingredients prepped. Smoothies can be made using almost any ingredient you fancy. Just toss the ingredients into your blender and blend until smooth. Your smoothie is ready.

In the following pages you will learn to create the most awesome smoothie recipes specially designed to **accelerate detoxification, aid in weight loss, provide energy and help diabetics and even rheumatoid arthritis patients with some anti-inflammatory smoothies.** We are sure you will love them and hope they will empower you to take charge of your health in no time!

In addition to the books recipes, this cookbook will:

- Give you step-by-step instructions on Smoothie Preparation
- Teach you the Benefits of the different healthy ingredients used to prepare these Crazy Good Smoothies
- Give you some very handy Smoothie Prep tips to create smoothies with great flavor and mouthwatering appearances
- Show you the different types of smoothies and their respective benefits per ingredient/li>

These 30 Healthy and Crazy Good Smoothie Recipes were specially designed and organized into 5 Types:

These recipes will help anyone who comes across them , get started on the right track to reap the rewards of a healthy lifestyle. Click the **“buy now”** button and grab this ebook and a complimentary **BONUS GIFT on FASTING!** I look forward to helping you on your journey. Join me on the road to a healthier lifestyle.- Jeff Ramsey

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From reader reviews:

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