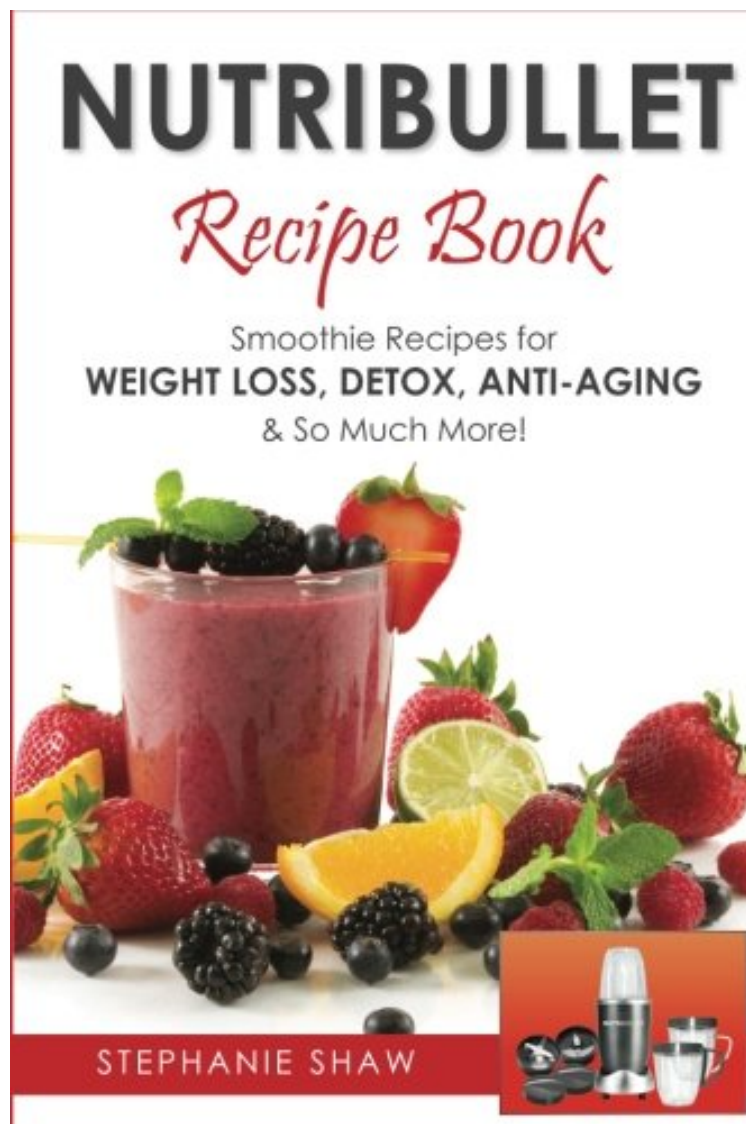


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Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging So Much More!

Stephanie Shaw

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Grady Harp: Hall of Fame, Top 100 Reviewer, Vine Voice "Stop thinking and start whizzing."Movie Maker "Rik", Vine VoiceJust terrific, and well priced! Tons of feel great recipes, but TWO of them are particularly outstanding! Read on!Nutribullet Recipe Book makes it so quick easy to utilize all of the nutrients that natural foods have to offer in fresh, delicious tasty smoothies.On the day you start using your Nutribullet you'll receive a huge boost to your body wellbeing. The boost of vitamins, nutrients, minerals antioxidants will start restoring you to your natural balance by cleansing detoxing with the result being that you feel happier more energetic than you've felt in a long time!As well as feeling amazing so full of energy, you'll very soon notice the weight dropping off your skin looking incredibly radiant.Furthermore, you'll find your that blood pressure cholesterol levels will drop to optimum healthy levels. Your organ health, metabolism immune system will all get that boost that you so much desire. It goes without saying that you'll have a longer, happier healthy life.All of these benefits (so much more) in the time it takes to throw a few ingredients into a big cup with a quick simple press of a button!Nutribullet smoothies are powerful because they extract every last drop of goodness that your raw natural produce have to offer. You'll be shocked when you realise how much nutritional value you throw away by taking off the skin, stem seeds from fruit veg.Incidentally, this is a great way to get your kids to have their fruit and vegetables with all of the vitamins, minerals nutrients they need in a very quick delicious way. They may even enjoy making the smoothies themselves!Nutribullet Recipe Book concentrates on seven main areas of smoothie recipes:Healthy HeartDetoxificationWeight LossRadiant SkinEnergy BoostAnti-AgingSuper FoodsThe Nutribullet recipes include:Chia Seed Rainforest SmoothieBerry Breakfast SmoothieFlat Belly SmoothieSmoothie for Radiant SkinShamrock SmoothieAntioxidant Anti-Aging SmoothieRaw Mint Chocolate SmoothieBananarama SmoothieTake a step towards a longer, healthier happier life. A life with more energy, more time less weight. Your new radiance that confidence awaits you. You won't regret buying the Nutribullet Recipe Book!

"Stop thinking and start whizzing." - Grady Harp: Hall of Fame, Top 100 er, Vine Voice "Just terrific, and well priced! Tons of feel great recipes, but TWO of them are particularly outstanding! Read on!" - Movie Maker "Rik", Vine VoiceFrom the Back CoverI had been drinking fruit and vegetable juices, for a long time. While juices did their job of providing me with good nutrients that are essential for the body, and while juices are good for easy absorption of the nutrients, they do not contain the fiber from the fruit or the vegetable, and I found that I wanted something more substantial and nutritious, but also easy and rapid to prepare. nbsp; So, I decided that smoothies would be the answer; but not just any smoothie but smoothies made from the Nutribullet. I bought a Nutribullet and it does the job for me. One of the best things I liked about this blender is that it is compact and does not occupy much space, making it ideal for my kitchen; which is small and compact. Making smoothies with the Nutribullet is a quick and simple feat. What about washing the Nutribullet after I'm all done? It can be done in a jiffy, with no pulp or mess to deal with. Pretty sleek, don't you think? nbsp; I simply love the Nutribullet, for it allows me to whip a healthy breakfast, packed full of nutrition, in a very short time. Washing the cup and blade is equally simple and fast and there is no waste as there is when juicing fruits and vegetables.About the AuthorI am a registered nurse, working with patients with long term conditions. I have now specialised in Diabetes. It is because I am dealing with conditions that do not respond well with medication like acute conditions and infections do, I have for the past 10 years, been looking at other healing modalities. nbsp; I am interested in nutrition and various forms of exercise as they are the cornerstone of managing most conditions. nbsp; I apply a mixture of modalities to treat pain, stress such as NLP, hypnotherapy, TFT, quantum touch. I have received training in angel healing and flower therapy which I find very useful tools in my healing repertoire. nbsp; What I find rewarding is my clients being empowered and having happier and more fruitful lives.