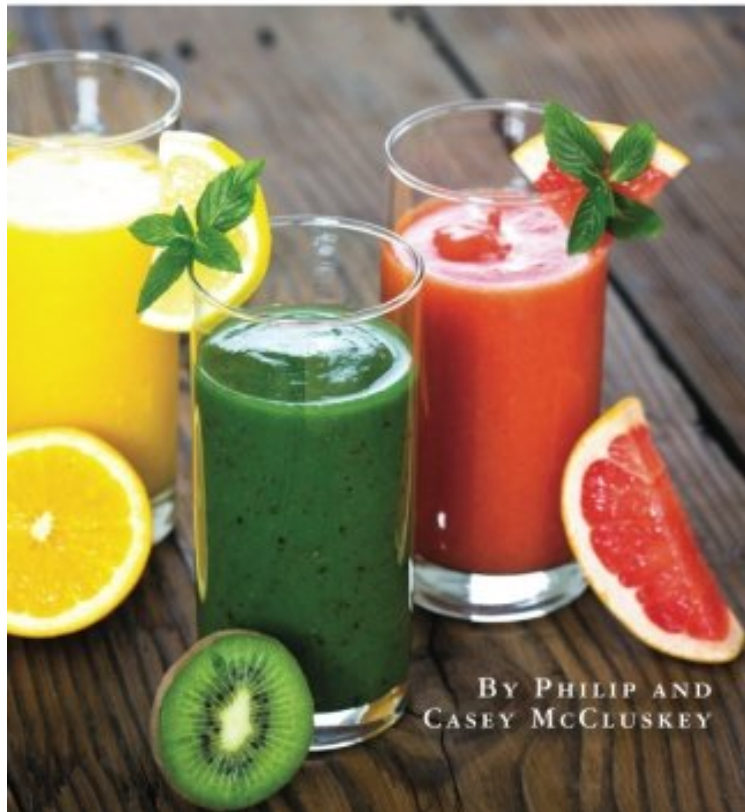


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this book. What I know for sure, is the photography makes me want to learn the recipes. Unfortunately, there is no text in this kindle book. Only photos. Too bad. I'm sure the writers meant to include text. 1 of 2 people found the following review helpful. Warning - DO NOT order the Kindle edition of this book! By Customer I ordered the Kindle edition of this book last week, and to my dismay, found that there was no text, only photos. I called .com customer service, and reported it, but as of yesterday, this title's content still hadn't been updated, so I returned it for a refund. Philip McCluskey and Heather Pace create wonderful recipes, and I have enjoyed their other books, as well as their web sites. My advice: get the print copy of this book.

Want to know the quickest and easiest way to get your fruits and veggies in? Or how to boost your energy and vitality with superfoods and superherbs? Simple, make them into smoothies and elixirs! Philip and Casey McCluskey come together in this new edition to the Raw Food recipe book series with Raw Food Smoothies Elixirs, a collection of 45 of their favorite energizing, healing and mouthwatering smoothie, superfood, and elixir recipes. Fast food at its healthiest, these recipes are designed to give you a simple way to significantly improve how great you look and feel, put pep in your step, keep you youthful and even boost your sex drive! All in under five minutes of preparation. Yoursquo;ll not only get recipes; yoursquo;ll also learn everything you need to know about how, what and why blend, how to include smoothies and elixirs for the best results for your body and health, and our favorite superfoods and superherbs to turbocharge your health. Come and join us on the smoothie and superherb revolution, and transform your health today.

About the Author Philip McCluskey is a sought-after motivational speaker, author, and weight loss expert who inspires and educates thousands worldwide about the raw food lifestyle, after he lost over 215 pounds naturally. After thirty failed diet attempts and the looming prospect of gastric bypass surgery, raw food saved Philip's life, transforming him from a morbidly obese 400 pounds to a fit, energized, and glowing 185 pounds. Passionate about the vibrant health and energy he gained when he lost his poor eating habits and emotional hang-ups, Philip has made it his mission to spread hope and health to others. He has appeared as a guest speaker at health events, CBS show The Doctors, Jack LaLanne commercials, and has also inspired over a million viewers who have followed his journey on YouTube. He is the author of six books including the Get Juicy Cleanse, and co-founder of Vimergy.com, a Chinese herb website whose mission is to empower, educate and provide the finest wildcrafted superherbs so that you can experience your true potential and live a long, happy life. Visit him at Vimergy.com today! Casey McCluskey is a certified Life Coach, Detox, Wellness and Raw Foods Counselor. She is also a trained Colon Hydrotherapist and Reiki Practitioner. She specializes in the application of deep tissue cleansing to create profound and lasting transformation in your health and wellbeing. She focuses not only on the physical elements of health and wellbeing, but also on emotional and mental health to help you achieve inner and outer vitality. Casey has helped thousands of people across the world achieve radiant, long lasting physical and emotional wellness. She is the author of 4 books including The Get Juicy Cleanse, and co-founder of Vimergy.com, a Chinese herb website whose mission is to empower, educate and provide the finest wildcrafted superherbs so that you can experience your true potential and live a long, happy life.