

Smoothie Secrets Revealed: A Guide to Enhance Your Health

Elyse L. Wagner

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Elyse L. Wagner : Smoothie Secrets Revealed: A Guide to Enhance Your Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Secrets Revealed: A Guide to Enhance Your Health:

0 of 0 people found the following review helpful. Excellent book. Good read for everyoneBy N. PeterExcellent book. Good read for everyone.1 of 1 people found the following review helpful. I took a chance on this book - so glad I didBy Michael AndersonI took a chance on this book - so glad I did. I wanted some new recipes, since I'm tired of the same old smoothies I make time and time again, and got quite a few new favorites from this book. I was pleased that it wasn't JUST smoothies; it included a comprehensive guide to healthy eating. Would definitely recommend.0 of 0

people found the following review helpful. A great resource!By Courtney StultzAs someone who is on a liquid diet, I can say that I use this book OFTEN! Elyse's recipes are amazing and I love her descriptions and explanations of ingredients. Her recipes include a wide variety of tastes that are all great. One of my favorite, go-to cookbooks!

Blended brilliantly with Wagner's intuitive eating philosophy, health education and self-healing soulful practices, Smoothie Secrets Revealed is a beautifully illustrated resource that puts your health, happiness and relationship with your food, attitude and body back into your hands so that you can be the CEO of your health. Along with her 30 healing whole foods smoothie recipes, Elyse lays the foundation for her sustainable and nourishing philosophy: an anti-inflammatory, gluten free, organic and fresh eating lifestyle that emphasizes detoxing on the daily with whole real foods, herbs, homemade nut and seed milks, fermented foods and of course succulent smoothies! Plus, she shares the secret steps of her health recipe for creating peace with your food and body and her own tips to overcoming emotional barriers that will transform your life with simple ways to experiment and experience these tips. Wagner empowers readers - whether a smoothie savant or smoothie starter- to be open to trying new recipes and creating delicious health and a life full of love, nourishment and joy, making this a must-have for anyone who seeks to be confidently healthy and their own savvy Kitchen Shrink!