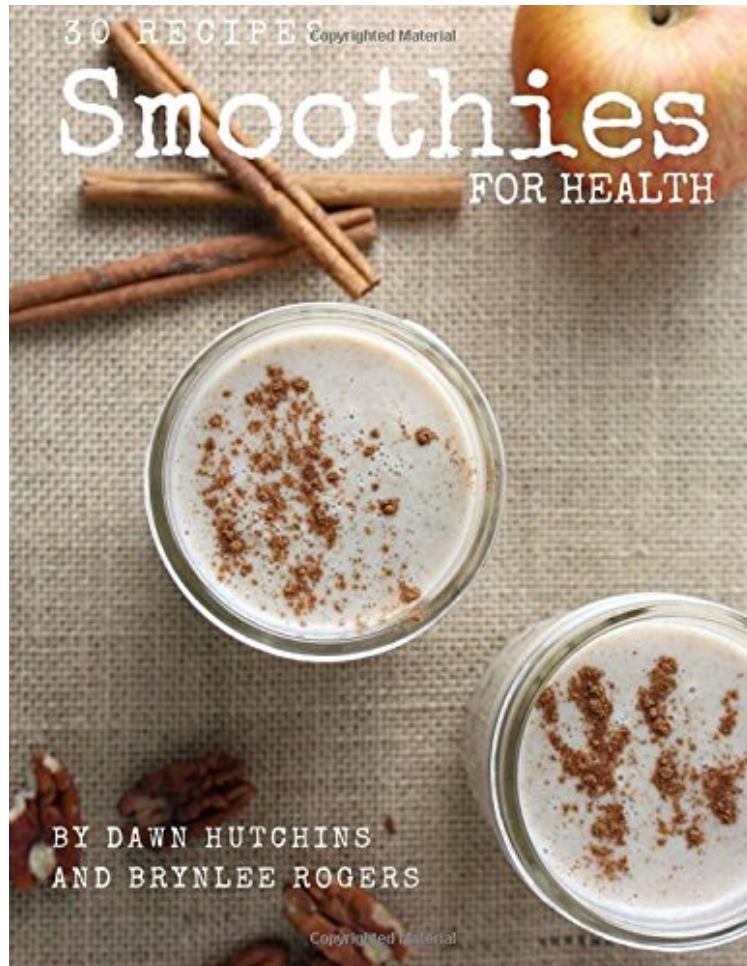


(Download) Smoothies for Health: 30 days of smoothies - one for every day of the month!

Smoothies for Health: 30 days of smoothies - one for every day of the month!

Dawn Hutchins

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Dawn Hutchins : Smoothies for Health: 30 days of smoothies - one for every day of the month! before purchasing it in order to gauge whether or not it would be worth my time, and all praised Smoothies for Health: 30 days of smoothies - one for every day of the month!:

Smoothie Book with 30 smoothies ndash; one for each day of the month ndash; plus three bonus nut milks. Each recipe was meticulously crafted and tested for taste. Beautiful, full color photos, healthy tips and focus on the benefits, vitality, energy and lean body. Benefits: Energy Vitality Leaner Glowing Skin 2 Have energy like a 6-year-old on an energy drink (from all those vitamins and nutrients!) Increased vitality Get light lean Gorgeous, hydrated skin What to

expect: 100% plant-based smoothies 100% whole foods 100% natural sweeteners 100% delicious NO carrageenan NO artificial colors or flavors NO refined sugar NO dairy or gluten

About the Author Dawn Hutchins is the founder of Florida Coastal Cooking Wellness and co-author of Smoothies for Health with Brynlee Rogers. She learned about the power of healthy food from her grandmother, Stella, who practiced a macrobiotic diet and was a master herbalist. For years she struggled with weight gain and depression until she discovered a plant-based lifestyle. She's never felt better! Since she switched her focus to plant-based foods she's eaten more scrumptious, healing, soul satisfying foods than she could ever imagine and she wants to share it with you. Brynlee Rogers is the founder of Coastal Yoga and Nutrition. Her passion is to help educate and nurture others through nutrition education as she truly believes in the quote by Hippocrates, "Let food be thy medicine and medicine be thy food." She believes the future of medicine depends on preventative care through diet and exercise, especially yoga. After struggling for years with her poor digestive system and finding what was right for her body through exercise, self-love and whole foods, She has come to the conclusion that she wants to help the masses to heal as well.