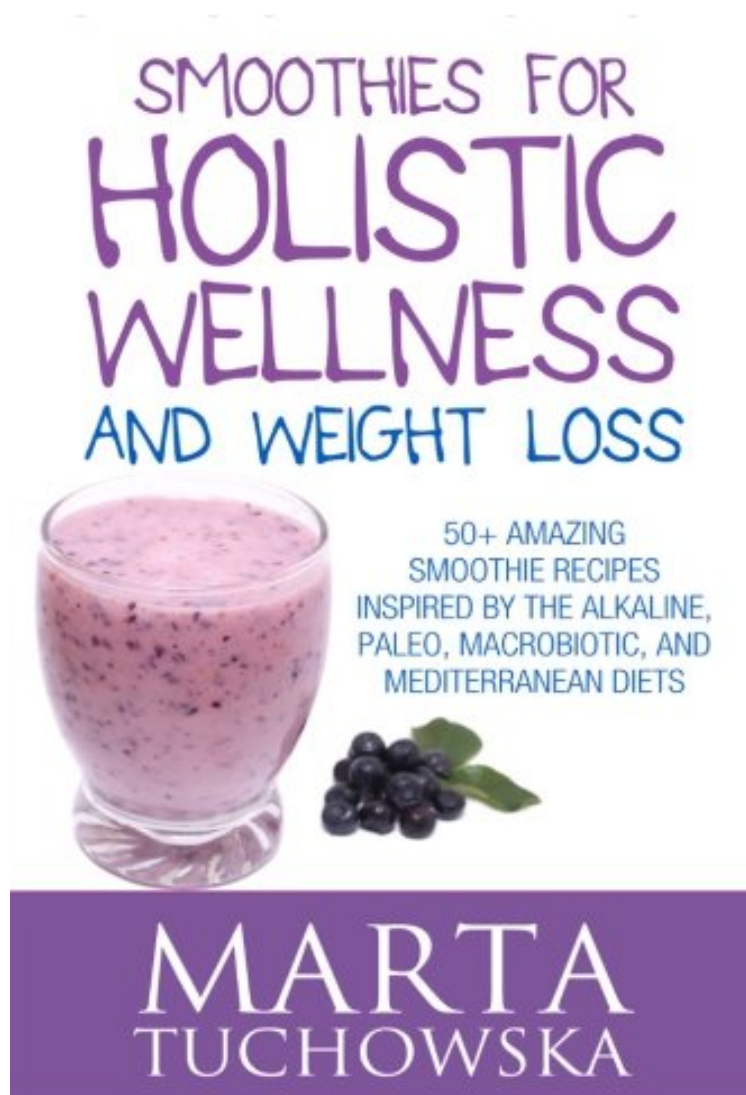


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Marta Tuchowska

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Smoothies for Holistic Wellness and Weight Loss: 50+ Amazing Smoothie Recipes Inspired by the Alkaline, Paleo, Macrobiotic, and Mediterranean Diets (Smoothie Recipes: Paleo, Alkaline, Macrobiotic):

0 of 0 people found the following review helpful. * AN INNOVATIVE SMOOTHIE BOOK * WELL WORTH READING *By DeeDeepAuthor Marta Tuchowska, has brought us an innovative book on holistic and wellness smoothies. This is a great little book. It explains the advantages of an alkaline diet and alkaline smoothies. I like the Smoothie Ice Cream, Pear Attack and Apple Powder recipes. The Green Tea Mix also looks interesting. As far as smoothies are concerned, there are several times when I end up making more than enough for my single serving (my sister doesn't care too much for most smoothies, with the exception of strawberry or mixed berries) So, I end up putting the extras into single serving sized plastic containers and freeze. When ready to use, thaw in the refrigerator until only half thawed. Then, return to blender or smoothie maker for a couple seconds. It taste as good as when it's first made. But, do not let it thaw all the way or it will not be cold or thick enough. There are all types of smoothies, Herbal Smoothies, Vegetable Smoothies, Diet Smoothies, Fat Burner Smoothie, a Vitamin Strawberry Smoothie, using ingredients such as Millet, Amaranth, Quinoa and Brown Rice. I recommend this book for the wealth of great advice it contain and smoothie recipes, that I haven't seen in other smoothie books. This is Book 2. I haven't read Book 1, but plan to. Thank you for reading my review. 0 of 0 people found the following review helpful. Interesting collection of smoothie recipes By Kindle Customer I appreciate that they all increase alkalinity in the body. Some of them are very odd, but that's too be expected. Some sounded quite good! I do wish they were all Paleo, but I can't have everything! My biggest complaint is the need for an editor to go over it over. There were just enough errors to annoy me. Also, some of the measurements were rather vague (2 yoghurts?). Overall, not a bad booklet, but short on science and in need of editing. 0 of 0 people found the following review helpful. Be Healthy and Drink Smoothies! By John C. David This book starts out by explaining the various kinds of diets like Paleo, Alkaline, Mediterranean and Macrobiotic diets. It highlights 52 smoothie recipes all designed to improve body wellness, boost the immune system, aid in weight loss, prevent colds and flu and increase energy levels. Some of the recipes include green tea mix, super alkaline smoothie, amaranth smoothie and millet detox smoothie. Most of the smoothies are a mixture of various fruits and vegetables with some being recommended for winter and others summer. This book is ideal for students and persons looking to maintain healthy lifestyles and improve their general wellbeing.

UNLIMITED ENERGY AND VIBRANT HEALTH ARE WAITING FOR YOU!!! I WANT YOU TO BE BOUNCING OFF THE WALLS! IT'S NOT ONLY ABOUT "FEELING GOOD", OR "FEELING OK", IT'S ABOUT FEELING AMAZING IN A HOLISTIC WAY! If you feel like you lack energy and can't focus, it's time to get hooked on smoothies and feed your body and mind. Yes! Smoothies for HOLISTIC WELLNESS AND UNSTOPPABLE ENERGY Additional HEALTH AND WELLNESS benefits of "Smoothies for Holistic Wellness and Weight Loss": * You will lose weight * You will get started on something incredibly healthy * You will make your diet more exciting and fun * You will wake up your body and mind with some highly energizing nutrients I wrote this book to show you my "smoothie routine" so that you can create your own way that suits your lifestyle. I hope that my recipes will also help you discover creative ways about cooking and in this particular case-about blending. If you want to keep on healthy track, it's always good to keep your cooking creative. The more ideas and options you have, the more exciting it becomes. The more exciting it becomes, the more hooked you get. Imagine how your personal and professional life could change if you only had more energy and vibrant health... The solution is simple: more fresh raw foods in form of delicious, creative and nutritious smoothies! "Smoothies for Holistic Wellness and Weight Loss" contains more than 50 delicious smoothie recipes that are inspired by the healthiest diets in the world: -The Alkaline Diet -The Paleo Diet -The Macrobiotic Diet -The Mediterranean Diet As a wellness coach with a passion for fitness and nutrition I love natural smoothies and they have accompanied me for a long time. Healthy, dairy-free/gluten-free smoothies are perfect for losing weight and getting nutritional contents at the same time. Not to mention how delicious they look and taste. A smoothie a day will keep the doctor away plus it will help you feel energized and fight sugar cravings naturally... Aside from the actual recipes, inside the book I will also give you some tips on herbalism and natural foods supplements, for example algae chlorella and spiruline and how to use them for weight loss and wellness. My recipes form part of Naturopathy and are specifically designed to help you fight various common conditions such as: -insomnia -cellulite -water retention -mental fog There are also a few recipes especially for kids /yummy!/ and for students /->certain foods improve your memory and focus! My recipes are flexible. For example, if you are Paleo, you will find instructions that will make your smoothies 100% Paleo, just as you wish. At the same time, I also mention other ingredients that you can use if you like Alkaline, Macrobiotic or Vegan diets! I WILL SHOW YOU HOW TO PERSONALIZE THE RECIPES ACCORDING TO YOUR LIFESTYLE AND NUTRITIONAL PREFERENCES And, of course, since I have been living in Spain for about 7 years now, I also include some hot, Mediterranean smoothies for you to ENJOY! My book also contains plenty of wellness tips. I am giving you information and inspiration so that you can find out what suits you and create your HOLISTIC lifestyle. My smoothie recipes book will

show you how! Don't just jump on the first bandwagon you encounter. They very seldom reach their wellness destiny... Create your own bandwagon, and be the driver! I wish you wellness and holistic energy, Marta "Wellness" Tuchowska

About the AuthorMarta Tuchowska is a passionate holistic wellness coach and author on a mission. She wants to help you create a healthy body, mind and spirit through a balanced lifestyle. Marta has a strong background in healing and health (certified in massage therapy, holistic nutrition, aromatherapy and Reiki), and she infuses her natural therapy knowledge with motivational and lifestyle coaching as well as NLP to help you create a life full of energy, health and happiness. Marta wants to make it easy, doable and fun. She calls it holistic lifestyle design for modern, 21st-century, busy folks! Join the exciting journey of total body and mind transformation at: www.HolisticWellnessProject.com.