

(Free read ebook) Super Smoothies (The Health Collection)

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Celine Tregan

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Celine Tregan : Super Smoothies (The Health Collection) before purchasing it in order to gage whether or not it would be worth my time, and all praised Super Smoothies (The Health Collection):

People these days are growing more and more health conscious, turning to smoothies for a fresh, fast nutritional boost. And for good reason; smoothies are versatile, colorful, and delicious, creating a harmony of nature's divine flavors and health-giving goodness in one decadent drink. But the benefits of smoothies don't stop there: they also provide energy and help prevent illness. Super Smoothies offers over one hundred revitalizing recipes that will supercharge your health and help fight cancer, arthritis, heart disease, headaches, wrinkles, and sleep disorders, and promote longevity, stimulate memory and the immune system, and maintain healthy digestive and nervous systems.

Exquisitely photographed, these simple smoothies encourage a healthy diet, helping you meet the recommended-daily intake of fruits and vegetables. Find out how to make the very best blends while learning useful information about blending techniques, the wealth of vitamins and minerals found in fruits and vegetables, the health benefits of soy, almond milk, and probiotics, and much, much more. Plus, homemade smoothies are less expensive than store-bought preparations, and because you can control the ingredients, are an all-natural way to lose weight and boost your health and vitality.