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Christine Bailey

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SUPERCHARGED JUICE & SMOOTHIE RECIPES

Your Ultra-Healthy Plan for Weight Loss, Detox, Beauty & More
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Christine Bailey : Supercharged Juice and Smoothie Recipes: Lose Weight * Feel Energized * Boost Immunity * Look Amazing before purchasing it in order to gage whether or not it would be worth my time, and all praised Supercharged Juice and Smoothie Recipes: Lose Weight * Feel Energized * Boost Immunity * Look Amazing:

Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic? Supercharged Juice Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, this book uses an array of foods including sea vegetables, herbs, teas, supplements and tinctures to help you supercharge your health. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind, and these 'functional foods' can often be

targeted towards a specific problem. For example, did you know that maca supports the adrenals, helping your body deal with stress, while chia seeds are prized for their amazing high omega-3 content - beneficial for brain function, reducing inflammation and cardiovascular health. Nutritionist and best-selling author Christine Bailey shows you how easy it is to make daily juices and smoothies, and explains the benefits of using an array of boosters to add extra health-giving properties. Use the handy reference section at the back to quickly find recipes that will help you to lose weight, maximize energy levels, boost the immune system, combat ageing and look amazing. There is also a 2-day power-charged Superfood Juice Diet plan to set you on your way to looking fabulous as well as feeling great.

About the Author Christine Bailey, M.Sc., is an award-winning nutritionist, IFM functional nutrition practitioner, food consultant, chef and cookery teacher. She runs two clinics, including one on Harley Street, provides nutritional support to corporates, health food companies and local authorities, and works with a number of schools and charities. A member of the Guild of Food Writers, Christine writes for numerous health and food magazines and her books include *The Juice Diet*, *The Raw Food Diet*, *The Top 100 Baby Food Recipes* and *The Top 100 Finger Foods for Babies Toddlers*.