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Supercharged Juice Smoothie Recipes: Your Ultra-Healthy Plan for Weight-Loss, Detox, Beauty and More Using Green Vegetables, Powders and Super-Supplements


Christine Bailey


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SUPERCHARGED
JUICE & SMOOTHIE RECIPES
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Christine Bailey : Supercharged Juice Smoothie Recipes: Your Ultra-Healthy Plan for Weight-Loss, Detox, Beauty and More Using Green Vegetables, Powders and Super-Supplements before purchasing it in order to gage whether or not it would be worth my time, and all praised Supercharged Juice Smoothie Recipes: Your Ultra-Healthy Plan for Weight-Loss, Detox, Beauty and More Using Green Vegetables, Powders and Super-Supplements:

1 of 1 people found the following review helpful. Five Stars By BobbyLove the recipes. I also love how they are rated based on the type (antioxidant, etc.) 1 of 1 people found the following review helpful. Five Stars By william restrecovery good 1 of 2 people found the following review helpful. This should be titles Super Awesome Juice and

SmoothiesBy MomreadstoomuchI was given this title in exchange for an honest review by NetGalley.I have been a proud owner of a Vitamix for over a decade. I have used it to make everything from margaritas to carrot ice cream. After reading this mix of cookbook and healthy eating book, I have decided to try a few other drinks. This book was perfect for the Daniel Fast a friend was doing. The information about the ingredients was perfect. I was wondering why I supposed to eat Chia seeds. This is a good book for beginners looking for some tasty ways to juice or add smoothies as a healthy meal option as well as seasoned juicers.We tried a few of the recipes some exactly the way she wrote them others with some additions we thought would be tasty. More importantly, my kids loved the recipes we tried. I will admit that my kids already love to eat their veggies, but if they ask me to make something it wins all the awards.For more reviews go to <https://momreadstoomuch.wordpress.com>

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, Bailey uses an array of ingredients including sea vegetables, herbs, teas, and tinctures to help you supercharge your juice regimen. 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. Bailey (author of The Juice Diet) also provides a handy reference section at the back to help you quickly find recipes to lose weight, maximize energy levels, boost your immunity, combat aging and look amazing. There is even a 3-day power-charged Superfood Juice Diet Plan to set you on your way to looking fabulous as well as feeling great.

About the AuthorChristine Bailey is a renowned Nutritionist, Speaker, Chef, Food and Health Consultant and Author with over 18 years of experience. She is the author of several previous titles including The Juice Diet and Nourish: The Cancer Care Cookbook, which was published in conjunction with one of the UK's leading holistic care centers. Bailey is a member of BANT (The British Association for Applied Nutrition and Nutritional Therapy), CNHC (Complementary Natural Healthcare Council) and is a Graduate member of the Institute of Functional Medicine (AFMCP). The author lives in UK.