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3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies)



Synopsis

The Tastiest Green Smoothie Detox Plan In The Universe Fact: Many diet plans tell you to either starve yourself or eat weird tasting foods. Â Inspired by her clients and her own personal experiences Author, Naturopath and raw food expert Elizabeth Swann-Miller has created a simple, hour by hour, step by step plan that you can easily follow to get maximum Detox results with minimum effort.Â What's So Great About Green Smoothies?Â Green smoothies are created from a mixture of leafy greens blended with delicious fruits. Leafy greens are packed with next level nutrients like minerals, vitamins, fiber and phytonutrients. Adding fruits to the mix enhances the nutritional value and helps â œmaskâ • the taste of the leafy greens, so it's basically a match made in heaven!Â To make your 3 day detox as tasty as possible, Elizabeth has formulated over 21 recipes that are guaranteed to boost the detox effect and have maximum flavor.Â â œThis book covers everything you need to experience a successful 3 green smoothie detox.â •Â This book will show you how to:

- * Create the perfect smoothie each and every time
- * Create your own unique shopping list with easy available, low cost ingredients
- * Prepare for your 3 day juice cleanse for maximum effect
- * Avoid possible side effects and how to deal with them if they arise
- * Boost your 3 day detox with cleanse enhancing activities
- * Select a blender that will do the job but won't break your budget

And much more!Â Join The Green Smoothie Revolution & Get A Free Bonus Get instant access to Elizabeth's online e-course â œ10 Days To Everlasting Healthâ • which is currently selling for \$17, but you get it for FREE with the purchase of this book.Â Grab your copy today and learn how you can supercharge your health with the power of green smoothies!Â

Book Information

File Size: 408 KB

Print Length: 70 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 20, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B009UC440G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #290,279 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Wine Collecting #32 in Kindle Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Collecting #461 in Kindle Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

I will start by saying I read this author's other book: The New Green Smoothie Diet Solution, first. I enjoyed it so much that I jumped onto to get this one. This book is a lot shorter than her other one, but this one solely focuses on how to do a healthy detox. There are lots of recipes in this book and I was happy to see that they were all different from the recipes in her other book. No doubling up on stuff here! It is a great compliment to her other book so I am really glad I have both of them. I did try the detox and I lasted for 2 and a half days. I actually did feel really good and not sick like I felt doing other kinds of detox systems. I do recommend this book if you are looking for a healthier way of doing a detox. The recipes are quite good as well and I still make a couple of them on a daily basis.

The title is misleading, in my opinion. I was looking for a GREEN (i.e. mostly vegetables) smoothie resource. But the recipes are chock full of fruit with some green veg almost as an afterthought. Ok for a beginner with a sweet tooth, but disappointing for an experienced juicer like me.

Anyone who wants to feel better on the inside would benefit from reading this book, which not only has lots of great recipes, but also outlines very clearly the reasons why detoxing using green smoothies can be very beneficial to your health. The author clearly knows their stuff, and has presented it in a very logical and easy to read fashion. Highly recommended.

This book covers even more than I ever expected to learn about a healthy way to detox. I've always thought the juice detox systems were not right, but I didn't know exactly why until reading this. Talk about a step by step, here's how you do it guide... this book even covers all the how and whys for several days of preparation for the 3 day detox, to help your body prepair as much as possible. This has also removed any qualms I had about eating greens, which is a biggie for me, because I normally avoid green vegies like the plague. This has become both my smothie and my detox bible and the only reason I gave it 4 stars is because I haven't had time to actually put the plan into action

and be able to tell you about the results. But I will start my preparation today and should be on track to begin the 3 day detox next weekend! I'm excited and think this will be a healthy life changer!

This is going to be my new favorite book! I recently started making smoothies, and have loved the way they make me feel. This book gives some fantastic recipes and great information on taking smoothies a step further as a good way to detox. It also covers how food and health go hand in hand, and how you can enjoy great tasting shakes while improving your health.

Every question I had about how to start a cleanse was answered. I already juice greens for breakfast but felt the need to do something more extreme. This book educated me on the "How To's" and the "Why's" to start a cleansing program. Can't wait to get started!

I'm a believer in healthy living and enjoyed reading the recommendations in this book. Thanks to the variety of green smoothie recipes I will not get bored of my detox plan. I will definitely need this book after the upcoming end year festivities.

After struggling to lose weight after a sports injury, 3 Day Smoothie Detox helped to prepare my body for the 30-day juicing fast. Incidentally, in my religion we prepare our bodies for fasting by blending fresh fruits and vegetables prior to fasting for seven days; however the preparation is approximately 14 days and then we do not eat for seven days or more. Liz Swann Miller condensed the preparation and by doing so, impressed me with its detox abilities. If you need to detox, this is the way to go--after all, this is to your health.

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