



Smoothies And Juices: Enjoy 100 + Smoothie And Juice Recipes Including Smoothies For Good Health And Weight Loss

Alisha Abbott

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The Smoothie And Juice Recipe Book gives you 100+ delicious smoothie and juice recipes to help you cleanse your body and lose weight!

Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair while Juices are one of the quickest way to get nutrients into your body quickly! Juices are easily digested and they feed our body's cells efficiently. They usually taste amazing too! Fruit juices tend to supply the body with more vitamins, whereas vegetables tend to supply the body with more minerals.

This Smoothie and Juice Recipe Book will make it easy to start enjoying smoothies with Juices on a daily basis and to get an extra boost of vitamins, nutrients, and antioxidants so that you can start losing weight right away!

You Will Find Smoothies For:

- Energizing your mornings and power through your afternoons with recipes that take seconds to prepare and minutes to consume for lasting energy.
- Beautiful glowing younger looking skin, one of these smoothies every couple of days will turn back the hands of time for your skin.
- Increasing your Immunity, fight off disease and prevent cold and flu viruses. Don't get sick when everyone else is.
- Making smoothies are the easiest and most effective way for your body to absorb all the nutrients fast. Bounce out of bed in the morning full of energy to take on the day.

Advantages of Smoothies:

- Lots of fruit and vegetables easily digestible keeping you fuller for longer.
- Large amounts of vitamins and minerals to keep your immune and gut healthy wards off disease and any other problems.
- Easy and Fast to make, just get all the ingredients ready the night before, throw them in the blender and Presto! Your nutrient rich smoothie ready for drinking!
- Lose Weight faster! Decrease those sugar cravings, Increase your Metabolism to burn off those extra pounds.
- Improve muscle strength and athletic performance.

Advantages of Juices:

- Juices are the best way to get direct nutrients, minerals, iron, and essential acids and even glucose.
- Juices don't only mean fruit juices. Vegetable juices are also the best way to refresh your inner body without having to trouble the digestive organs.

- Juices are also perfectly made for those people who want to stay fit and healthy.

Most of them are essential to our body growth, for our daily diet as well as to oxidize the inner portion of the body.

- Juices expand your vitality and are delicious

If you want to lose a few extra pounds or get that beach body ready for summer then get this Smoothie and Juice Recipes book and join thousands of people that already use these recipes to lose weight and live healthy lives. Today only, get this book for **\$0.99** before the price goes back up to \$9.99!

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Debra Richardson:

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