



40 Breakfast weight loss smoothies (Organic living Book 2)

T.J Hallett

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One would say, oh I heard! Or I saw this. Okay I get it, but heres the thing, there is a lot of conflicting information floating around the net and on TV, but personally I usually take in advice from credible sources who have personally achieved a certain goal through what it was I was looking for. Now, how smoothies can help you lose weight is fairly simple. Smoothies are usually loaded with antioxidants, (will describe in detail in my upcoming and very large book) toxins love fat cells. This is the case when we are detoxing , we lose weight at a rapid pace due to the mere fact. But you must realize that if your lifestyle isn't completely changed this will come back. On a second note, we gain weight from poor digestion and smoothies are the hero of this!!! Just like juicing, when digested, the nutrients are soaked up into the blood stream because consuming liquid products are not taxing on the digestive system which leads to less blocked and congested organs.

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