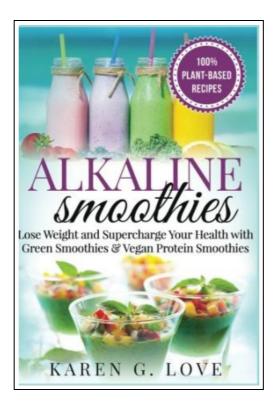
## Alkaline Smoothies: Lose Weight Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Paperback)



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### Reviews

The publication is great and fantastic. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i suggested this ebook to discover. (Linnie Kling)

# ALKALINE SMOOTHIES: LOSE WEIGHT SUPERCHARGE YOUR HEALTH WITH GREEN SMOOTHIES AND VEGAN PROTEIN SMOOTHIES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Revolutionize Your Health with Over 50+ Alkaline Smoothie Recipes! You are just about to discover the power of alkaline, green, healing superfoods that will help you have beautiful skin, nails hair, and (if desired) lose weight! If you are you sick of not being able to lose weight or keep it off.or are you tired of having digestive issues that leave you uncomfortable, in pain and unable to lead your normal life.or perhaps it s feeling chronically fatigued, with no energy to live life to the fullest. Whatever your goal or challenge, alkaline smoothies are here to change that for you - right now. The good news? Alkaline Smoothies are: -easy to make (and clean) -quick to consume -great as take away snacks -naturally vegan and gluten free In this book, you will learn everything you need to know about sticking to the alkaline diet by becoming a master at blending smoothies. Not only does this book contain over fifty unique and tasty smoothie recipes, but also a list of superfoods and how they improve your health, a guide to creating your own smoothies, a detailed explanation of how to best transition into the alkaline lifestyle, and so much more. Here s What You Are Just About to Discover: -How to Lose Weight Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies -Raw Foods and Green Drinks -Other Unique Benefits of Eating Raw Foods -The Power of Superfoods and How to Use Them with Your Smoothies - Delicious Breakfast Smoothies -Wake- Up Green Smoothies -Sleepy Time Tea Smoothie -Unique Smoothie Recipes for Vibrant Health and Weight Loss -How to Make Your Own Unique Smoothies with This Guide! Getting to...

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