



Best Blender Recipes for Weight Loss: 16 Blender Recipes for Smoothie Diet Detox Diet + Smoothies Are Like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book (Poem for

By Juliana Baldec

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a 2 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec s 2 titles: Book 1: 16 Blender Recipes For Smoothie Diet Detox Diet Book 2: Smoothies Are Just Like You! From one of America s most passionate advocates of turning common and sick making food choice into a healthy balanced lifestyle that includes 5 minute quick and effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Not only can these healthy blender recipes drinks boost your health, wellness and happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing weight and keep it off, and many other health benefits. When Juliana got started with smoothies, she was able...



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

-- Desmond Becker

Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- Ambrose Thompson II