



The New Smoothie Bible: Rejuvenate. Lose Weight. Detoxify (Paperback)

By Mia Moore

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A brand-new ultimate guide for your smoothie diet! The New Smoothie Bible will lead you to your healthiness and happiness Comprehensive guide about how to make healthy smoothies anywhere you are. Save your money - get this book right NOW with a discount for just 1.99 instead of 9.99! Author Mia Moore shares her knowledge and useful tips of making smoothies and getting healthier. This book contains a lot of tips for making smoothies, a lot of smoothies recipes, a detailed review of the ingredients, a 7-day plan for smoothies diets, perfect color illustrations. Every page of this book will lead you to a brand-new healthier lifestyle, that you could never have imagined. The New Smoothie Bible is the best companion for a person who stands on the path of healing and who believes that Nature has laid the secret of health and longevity in her vegetable kingdom. Recipes that you can easily cook in your kitchen are the best remedy and prevention of various diseases. This book contains examples of only herbal ingredients: milk, yogurt, cheese, fruits, vegetables and healthy...



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