



The Power of Green Smoothie: Delicious Green Smoothie That Alkalize, Cleanse, Energize and Slim Your Body in 7 Days!

Marianne S. Haynes

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Raw veggies are primarily made of cellulose that do not break down and get easily digested and absorbed by the body. Greens are best absorbed when they enter the digestion system in liquefied form. For a regular and fit human being with no nutritional deficiencies, the body mixes the greens with the hydraulic acids present in the stomach. Due to abnormal levels of hydraulic acids due to mineral deficiencies, the greens do not get properly absorbed. So, the best form of consuming greens is in the form of a smoothie.

Green smoothies specifically are becoming more popular, because they make getting your full daily serving of leafy greens accessible in a tasty way. Understanding how to make the smoothies themselves is absolutely key for successfully making them part of your overall health plan.

Whenever you add greens to your diet, you are not only increasing your dietary access to fiber and nutrition, you are also increasing your body's access to real nutrition. This real nutrition actually fuels your body for better metabolism and overall health. Your health starts with your food, and with green smoothies you get access to the best foods and the know how to use them to their fullest.

This eBook will help clear your doubts about the benefits of green smoothies, along with offering the best smoothie recipes as well as tips to balance your lifestyle-related diseases. The health and fitness industry firmly backs the green smoothie revolution. To discover the smoothie world, read on...

By using this book you will learn:

Chapter 1: All about Green Smoothies

Chapter 2: Green Smoothie Power

Chapter 3: 41 Green Smoothie Recipes

Chapter 4: FAQs about Green Smoothies

And Much More

You deserve the best and it gets no better than "The Power of Green Smoothie:Delicious Green Smoothie That Alkalize, Cleanse, Energize and Slim Your Body in 7 Days!" Read it and speed up your metabolism, lose your weight and fill you with energy!

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