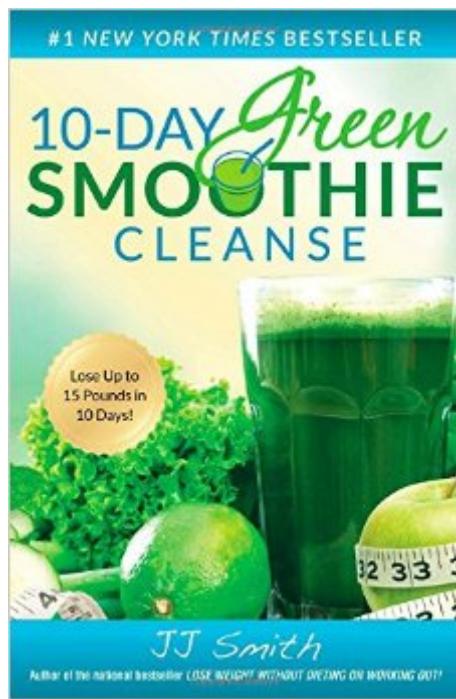


The book was found

10-Day Green Smoothie Cleanse



Synopsis

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you willâ¢ Lose 10â¢15 pounds in 10 daysâ¢ Get rid of stubborn body fat, including belly fatâ¢ Drop pounds and inches fast, without grueling workoutsâ¢ Learn to live a healthier lifestyle of detoxing and healthy eatingâ¢ Naturally crave healthy foods so you never have to diet againâ¢ Receive over 100 recipes for various health conditions and goals

Book Information

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Average Customer Review: 4.7 out of 5 starsÂ ¤ See all reviewsÂ (7,243 customer reviews)

Best Sellers Rank: #83 in Books (See Top 100 in Books) #1 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #1 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #2 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

What an amazing book! I'm not a believer of diets or drastic changes in your eating habits. That only means temporary change=body harm. I'm a 31 y/o. No kids. Married. With a 7:30-5:00 job. A 40 min commute. And a fitbit watch to try to achieve at least 8,000 steps a day. In other words, I'm kinda

normal. I always was underweight. My ideal weight used to be 106-110. I'm only 5ft. When I turned 26 my weight started to change due to bad eating habits. I went to 125, then 135 and finally 145. I started watching what I was eating about two years ago, but losing that extra weight hasn't been easy. As per my primary doc, my ideal weight for my height and age should be 115-125. I don't know how to achieve that! I do not consume sugars/sweets because I simply don't like them. My weakness is beer and buffalo wings. I don't eat salty either, it became a habit after my dad got a heart surgery about ten years ago. My breakfast is usually tea with crackers, for lunch I like soup, and dinner varies. But I think dinner is what kills me. For the most part I cook a typical Hispanic meal: rice, beans, and some sort of meat. But when I don't cook, hubby and I just order food (pizza or Chinese). For about two years now, my weight hit the 130-135 mark. I have not been able to weight less than that. I decided to give this book a try not to achieve my ideal weight, I gave up on that a while ago. But to cleanse my system which I think is something I truly need. In just four days I already feel the difference: I'm sleeping so much better. I have so much energy and somehow, I'm always happy (I'm like that famous grumpy cat, so a happy face is abnormal in my case haha).

I have been overweight my entire life. I was always the "big girl" in the group. My middle school nickname was balloon... for obvious reasons. I heard about this book from a friend, read the preview and bought it all within an hour. After completing the first 10 days I'm happy to say I'm down 22 lbs (more than any other "healthy change" has ever done for me) and I love getting up to my detox tea and morning smoothie. My husband was so impressed with my results at 6 days that he started and has lost 10lbs on the Modified Cleanse. I can never say in words how much this change has helped me in life. My skin is clearer, I feel better everyday, and sleep like a baby. I want to give a piece of advice to those looking in from the sidelines wondering and questioning if this cleanse really works. First let me tell you what this cleanse is not and won't do for you. 1. This cleanse is NOT a diet. 2. This cleanse is NOT a miracle juice/smoothie. 3. This cleanse is NOT a quick fix. 4. This cleanse is NOT a weight loss program. 5. This cleanse will NOT change your eating habits if you don't make a mental change. 6. This cleanse will NOT work if you start out with doubts. Now what this cleanse is and can do for you. 1. This cleanse is that....A Cleanse....A Detox. 2. This cleanse helps us detox from years of impurities and processed foods. 3. This cleanse will help you if you just commit for 10 days. 4. This cleanse will help you detox mentally, physically, emotionally and most of all spiritually.

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