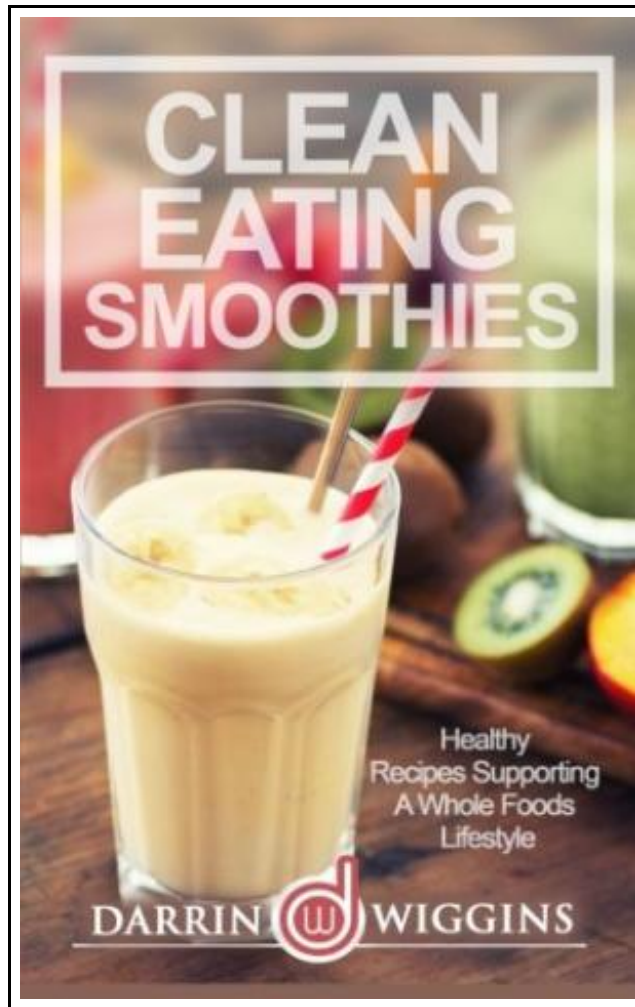


Clean Eating Smoothies: Healthy Recipes Supporting a Whole Foods Lifestyle



Filesize: 8.68 MB

Reviews

*The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book.
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CLEAN EATING SMOOTHIES: HEALTHY RECIPES SUPPORTING A WHOLE FOODS LIFESTYLE




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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you in need of a quick and easy way of cleaning up your diet? Clean Eating Smoothies! I'm busy. You're busy. Who has time to do what it takes to make a healthy meal day in and day out? I didn't and it started to negatively affect my health. Even then, I still didn't seem to take the time to eat the food I knew I needed to eat. I faced what many people faced. The news that something needed to change immediately or else. That was many years ago and I have to say that smoothies may well have saved my life. Benefits Of Clean Eating Now I don't want you to think clean eating smoothies are some type of medical miracle because they are not. All they are is sound nutrition and that is what my life was lacking. Smoothies are a convenient and easy way to nourish your body and protect your health. Our diet impacts the longevity and quality of our life. This is being proven daily through studies and personal experiences. As with anything in life changing your dietary lifestyle is a matter of personal choice. Maybe you believe people get disease, healthy food or not. Maybe you know someone with the same lifestyle as you that passed away and now you are concerned with your diet. No matter what your situation the benefits of clean eating remain the same: Safe and natural weight loss Improved energy with fewer mood swings Diminished instances of digestive issues Clearer skin with a healthy glow And many more A clean eating diet is not a cure-all diet. Maybe you will get disease even while eating healthy, I don't know. A doctor...

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