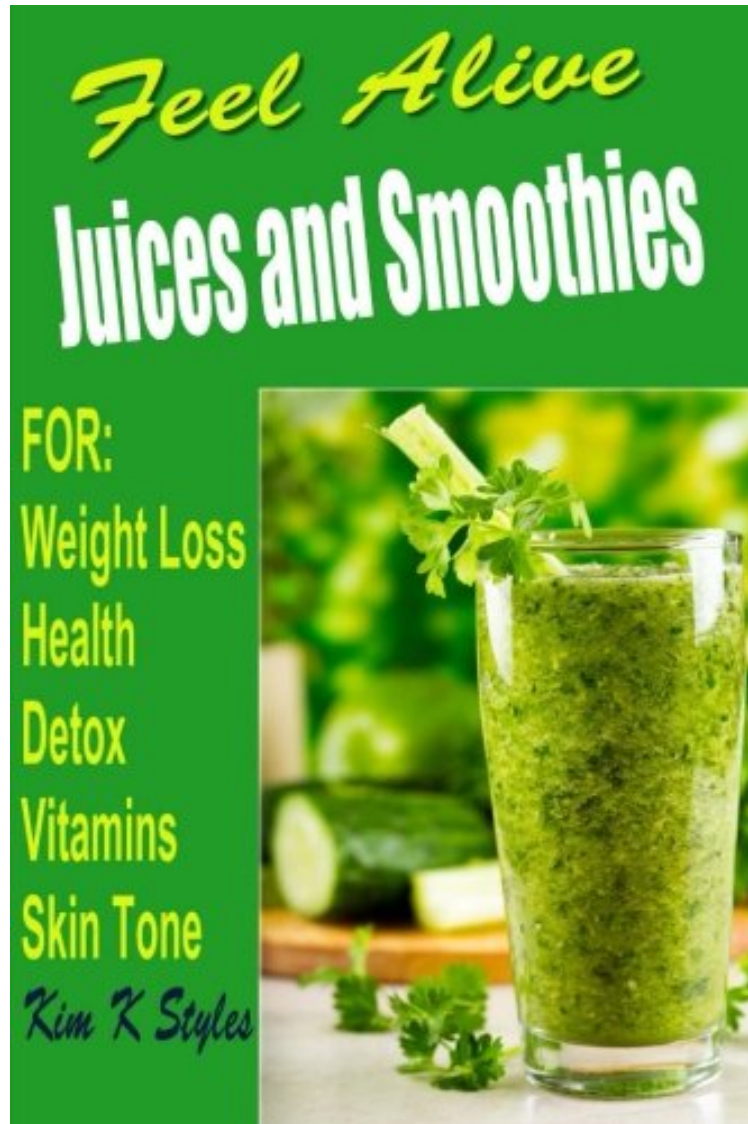


[FREE] Feel Alive Juices and Smoothies: For health, detox, weight loss, vitamins and skin tone (Volume 1)

Feel Alive Juices and Smoothies: For health, detox, weight loss, vitamins and skin tone (Volume 1)

Kim K Styles

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Kim K Styles : Feel Alive Juices and Smoothies: For health, detox, weight loss, vitamins and skin tone (Volume 1) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Feel Alive Juices and Smoothies: For health, detox, weight loss, vitamins and skin tone (Volume 1):

1 of 2 people found the following review helpful. A Delicious and Insightful Must Have! By Mary Leckie I really

enjoyed *Feel Alive Juices and Smoothies: For health, detox, weight loss, vitamins and skin tone* by Kim K Styles! No matter what your need or taste it's met in this well presented guide to juices and smoothies. I am a juicer, plus I have a smoothie every morning, so I really appreciated this book! The recipes sound delicious and there are so many I never would have thought of! I like the way each one tells me what I will get out of it such as weight loss, energy, mental focus etc. allowing me to search through for just the right blend for me. I also like the little tidbits of information I learned throughout, like freezing my ingredients, all this time I never thought of that, but will be freezing my yogurt now to add texture to my smoothies. The photos within the book are crisp and colorful offering visual stimulation as well. There just wasn't anything about this book I didn't enjoy. Well written, tasty and creative recipes and more! I highly recommend it!

50 Juicing and Smoothie Recipes for energizing and to help revitalize you so that you feel the best all day long. There are pages of tips for making better and creamier smoothies, plus a list of healthy juices to use for thinning down the recipes, adding flavor and goodness. Focus has been on antioxidant fruit and vegetables which will cleanse the body. All ingredients have been taken into consideration to provide the best possible benefit to you and/or your family. Included are recipes for: weight loss, green smoothies, detoxing, skin tone, fighting infections. My juicing and smoothie Preparation Tips will help you be ready to make healthy recipes at any time and to keep you motivated to continue your good health plans. Included is a list of fruits and vegetables that have been rated in terms of highest vitamin content.

About the Author Kim K Styles is a yoga teacher of 12 years and has researched the benefits of fruits and juices for many years. A fitness fanatic she believes that if the body and mind are healthy then you have better chances for a strong and healthy life. Kim believes that if you vary your juices between fruits, vegetables and fruit and vegetable mixes you will enjoy the process of a daily intake of essential nutrients through juices and smoothies. With this in mind Kim has put together some of her favorite recipes for you to enjoy.