

# Green Smoothies and Intermittent Fasting Bible

*Toni Austin*

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## THE GREEN SMOOTHIE INTERMITTENT FASTING BIBLE



**YOUR ULTIMATE WEIGHT  
LOSS TOOL**

**TONI AUSTIN**

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#3816705 in Books 2016-07-22Original language:English 10.00 x .79 x 8.00l, 1.54 #File Name:  
1535414529350 pages | File size: 44.Mb

**Toni Austin : Green Smoothies and Intermittent Fasting Bible** before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies and Intermittent Fasting Bible:

3 of 3 people found the following review helpful. ... turning fruits and vegetables into green smoothies is the best way of incorporating these healthy items into my kids'squo; ...By KPlatzI find that turning fruits and vegetables into green smoothies is the best way of incorporating these healthy items into my kids'squo; diets. Irsquo;m lucky my little ones eat their vegetables and request for them all the time in smoothie form! This is why Irsquo;m always on the lookout for new ideas for my ldquo;magical green potionrdquo; as they like to call it. Downloaded this mainly for the recipes, but got an even bigger bang for my buck with the other useful information contained herein. Not to mention learning about using green smoothies as a way to lose weight! Score!0 of 0 people found the following review helpful. there was a page or two with information that I enjoyed. It just wasn't enough to justify the costBy CustomerThis book IS NOT worth the price. I believe it was an ebook turned into a book but it's still formatted as an ebook. Therefore the references to "links" or "click the link" throughout the book is redundant. The black and white photos, which are few,

are heavily pixelated and quite small. The layout of the first book (Green Smoothies) was weird and hard to follow. The information presented was very basic and common. You don't need to pay \$17.00 to find out that Green smoothies are "good for you." A chapter is only half a page so on a lot of pages there's just two or three paragraphs then on to the next chapter which leaves A LOT of white space on each page because the book is really big. Each recipe is considered a chapter individually instead of one chapter with all of the recipes. No big deal, but again, awkward. The photo on the back cover is pixelated and still has the watermark going through the photo. Author uses "we" and "our" a lot but I thought it was only one author and not co-authored. Her thoughts are all over the place. There are no subtitles that separate topics. Everything is kind of thrown together. The author also glorifies the words "skinny" and "skinnier" such as, "become the manager of your Skinny Delicious Life." I don't want to be skinny. I want to be healthy overall. I know skinny people who are very unhealthy. Other than the above, there was a page or two with information that I enjoyed. It just wasn't enough to justify the cost. 2 of 2 people found the following review helpful. If you love smoothies and also would like to shed off those ...By TASHA If you love smoothies and also would like to shed off those extra pounds, then this book is for you. In here, you will know how you can achieve your desired weight with the help of the green smoothies. This will teach you its benefits and how to prepare it. You'll surely find the recipes included very beneficial and easy in a way that is delicious and enjoyable. This will also provide you with some tips and advice that are practical to know.

If you've ever thought about fasting but felt concerned about the struggle of going without food on a regular basis, this book comes to your rescue with a brilliant array of fabulous green smoothies that will keep the edge off your hunger and provide your body with a rich supply of super-nutrients for the duration of the fast and beyond. And the key to the smoothie secret is in the word "green". Fasting has been demonstrated as one of the most fundamental techniques for extending lifespan and improving digestive function. The problem seems to lie in the fact that we burden our bodies with an over-supply of often unhealthy foods that place a huge strain on our long-term health and wellbeing. But leafy green vegetables are chock-full of phytonutrients and can provide the foundation for a superbly efficient fast that will cleanse and detox your body whilst maintaining the basis for complete digestive re-balance and recovery. Once your digestive system becomes healthily balanced, it is much easier to lose weight and eliminate both unhealthy substances from your body as well as those annoying cravings that often get in the way of your plans to look slimmer, trimmer, healthier and stronger. The Green Smoothie Intermittent Fasting Bible is the most delicious way to lose weight and get your eating habits safely under control. Amongst a superb collection of smoothies, you'll discover how to:

- Tame your appetite
- Burn off the excess pounds
- Improve your skin condition
- Eliminate the toxins from your body at a cellular level
- Restore the most natural balance to your intestinal flora
- Improve your thought processes
- Stimulate your creativity
- Enjoy better sleep
- Reduce the inflammatory response
- Cut out your sugar cravings
- Introduce the healing benefits of phytonutrients into your daily diet
- Look younger and slimmer

The Green Smoothie routine doesn't have to be saved for those days when you're fasting. You can use the recipes every day to maintain your weight loss and cleansing momentum. The more you make use of the miracle of the green smoothie, the better the results will be. This is one of the finest ways to undo the damage of poor food choice and restore the natural balance and robust health that your body deserves. Perhaps that's why the Green Smoothie routine is often referred to as the miracle cure. It's a title it most surely deserves.