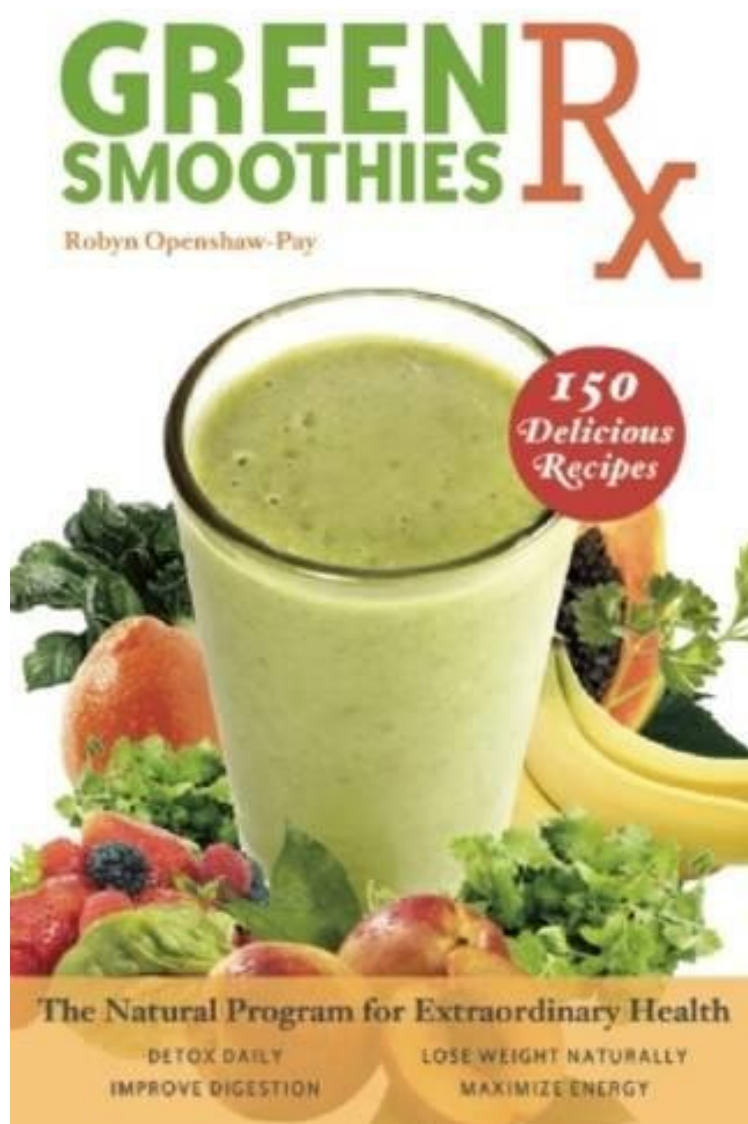


[FREE] Green Smoothies Diet: The Natural Program for Extraordinary Health

Green Smoothies Diet: The Natural Program for Extraordinary Health

Robyn Openshaw

*DOC | *audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#254993 in Books Openshaw, Robyn 2009-08-25 Original language: English PDF # 1 8.75 x 5.50 x 1.00l, .55
#File Name: 156975702X208 pages | File size: 17.Mb

Robyn Openshaw : Green Smoothies Diet: The Natural Program for Extraordinary Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies Diet: The Natural Program for Extraordinary Health:

6 of 6 people found the following review helpful. Much more than a green smoothie recipe book!By D. HookAfter my

recent introduction to the world of green smoothies, I wanted to find a collection of tasty green smoothie recipes. I was a bit surprised when the book arrived and it only devoted the last chapter to actual green smoothie recipes. Trying to have an open mind, I started reading the first chapters in which the author reveals the story behind her devotion to a whole foods lifestyle. Her testimonial regarding the benefits of eating a plant-based diet is simply amazing, and I soon found myself glued to the remainder of the book and incredibly motivated to forever change the way I and my family eat. Much evidence is offered regarding why a plant-based diet is ideal, and the author presents green smoothies as a delicious and easy way for anyone to improve their eating habits. The remainder of the book provides the juicy details on green smoothies: Which greens to eat, growing your own greens, buying/storing greens and fruit, super foods to add to your smoothies, how to make green smoothies, and green smoothie recipes. The book ends with page after page of inspiring stories from people who have reaped the benefits of green smoothies: increased energy, decreased cravings for sugary processed foods, greater endurance, healed ailments, and the list goes on. For me, this was a life-changing book, convincing me to at least incorporate a daily green smoothie and hopefully to greatly decrease my family's consumption of processed foods, dairy, and meat (though the film "Food, Inc" helped with this as well!). The "green smoothie diet" is not an all-or-nothing approach. The author makes it clear that changing any of our poor eating habits is a step in the right direction, but with the immense positive effects from a green smoothie lifestyle, it's pretty easy to have motivation to make some impressive changes! Overall, while I initially sought a book chocked full of green smoothie recipes, I gained incredible insight into the reasons for drinking green smoothies in the first place. The author provides such a wonderful understanding of green smoothie basics that I find myself not even needing the recipes but instead fully confident to experiment with my own smoothie creations.

3 of 3 people found the following review helpful. Good..By J. Houston Good... I like Robyn's program and this was a useful addition. She has good overall advice that anyone can benefit from...and it's not hard to work in a healthy green smoothie every day. Good stuff...and an informative site too.

1 of 1 people found the following review helpful. If you are green about juicing this book is a good read By Charles Laczkoskie Great book to read. It convinced finally to become a regular juicer. with all the health benefits.

CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS Looking for a quick, flavorful and nutritious way to stay youthful and healthy? The Green Smoothies Diet provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you:

- Lose Weight
- Detoxify the Body
- Increase Energy
- Fight Heart Disease
- Prevent Diabetes
- Certain Cancers
- Boost the Immune System
- Make Skin and Hair Beautiful

Features easy-to-make recipes like:

- Rad Raspberry Radicchio
- Black Kale Blackberry Brew
- Red Pepper Mint Julep
- Grapefruit Cilantro Booster
- Big Black Cabbage Cocktail

About the Author Robyn Pay is a freelance writer and editor as well as an adjunct instructor of business writing at Brigham Young University's Marriott School of Management. A life long vegetarian, she lives in Provo, UT.