

Green Smoothies: Live Like It Matters

Nikki Mennel

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GREEN SMOOTHIES Live Like It Matters



“I was given the biggest wake up call,
then offered the chance to start a new life.”

NIKKI MENNEL

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Nikki Mennel : Green Smoothies: Live Like It Matters before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies: Live Like It Matters:

1 of 1 people found the following review helpful. Why I loved the book Green Smoothies : Live Life Like it MattersBy alan tickleBecause having followed the inf. for a few weeks I have already started to feel and see the benefits , Nikki's story rang true , the recipes are delicious and healthy and other members of my family are now enjoying the benefits of having the Green Smoothies Jan1 of 1 people found the following review helpful. absolutly

love itBy JurgenBest information regarding Green Smoothies and Raw Food ever. It is a very easy read and explains a lot of complicated subjects in a very easy to understand way.2 of 2 people found the following review helpful. Green Smoothies - Live like it mattersBy EJAfter purchasing 'Green Smoothies live like it matters' I was able to read it in 2 sittings and since then I have it on hand for my supermarket trips.It is great for recipe ideas and to help me decide what my body may need.As I am already a long time smoothie drinker I was excited to learn new information and I certainly recommend this book to everyone even if you have never tasted a smoothie yet.We all face health challenges at times and this book assists us to take back some control and to that I say Cheers.Excellent easy to read with sensible information. Great book for beginners and experienced Green Smoothie drinkers.For more energy, clearer skin read this book and start drinking Green Smoothies.

Nikki Mennel experienced a stroke in September 2011 at the age of 39. Nikki and her husband Jurgen, used green smoothies as a foundation for a complete health and lifestyle change, with incredible results. Nikki's vision is to encourage people to lead healthy, happy lives using simple diet and lifestyle changes. Discover how Green smoothies will supercharge your life, one glass at a time. It takes just five minutes a day to change the course of your health and wellbeing. See how green smoothies will positively impact every aspect of your health, the natural way. Green smoothies will increase your energy, concentration and maintain your ideal weight. You will experience clearer thinking and a great night's sleep. Your hair, nails and complexion will look incredible. Green smoothies have an alkalizing effect on the body, which is ideal for healing and recovery. This is your jump-start to authentic, healthy living.