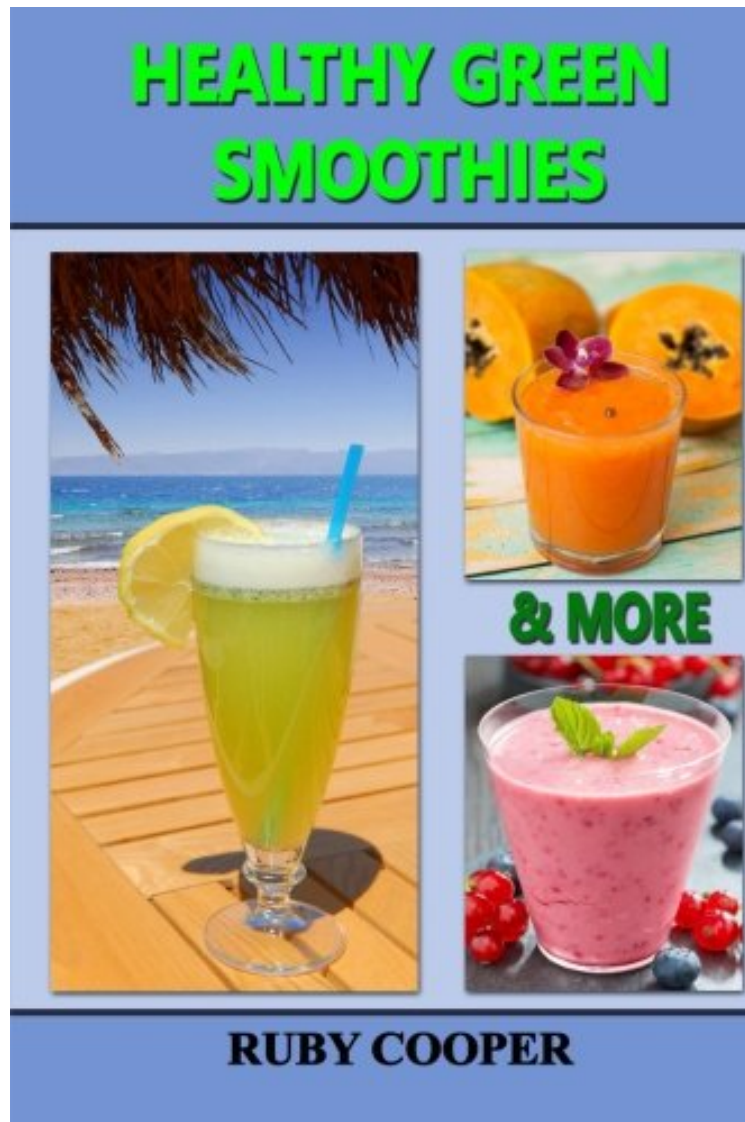


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## Healthy Green Smoothies and More (Cookbooks) (Volume 11)

*Ruby Cooper*

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1 of 1 people found the following review helpful. A Health Buff's Delight! By Dr. Joseph S. Maresca Cooper's book has some excellent smoothy preparations for foods like green vegetables, spinach, kale, cucumber and powerful antioxidants which serve to cleanse the blood. Typical smoothies are cited like apple, celery, cilantro, spinach w/banana, mango

and much more. The author advises health buffs to eat the vegetables raw. An important benefit of these vegetable preparations is to facilitate cleansing the blood pH levels. After all, the acid level in the blood approaches a zero pH when the body begins to decay rapidly after death. Overall, this book would be extremely helpful for dieters and health buffs everywhere. 0 of 0 people found the following review helpful. Drinking to your health! By Caujuan Akim Mayo I enjoyed reading this book. It was insightful and helpful. I felt more energetic and healthy, and felt much less desire to eat unhealthy foods after the smoothies. It is not easy, but if you have a true desire to change your unhealthy eating into one that is healthy this may be the right book for you. For me it was a true investment because I was looking for information to not only help me lose weight, but adopt a more healthful way of eating, thinking, and living. I found it in this book. 0 of 0 people found the following review helpful. Easy Smoothies By Kindle Customer There are simply not enough good things to say about Ruby Cooper. This isn't just someone who wants to make a quick dollar and leave the scene. She has a great collection of books on diets and vegan and vegetarian recipes for all who are participating in this lifestyle change. This book is all about making healthy eating a way of life without pills or boxed meals. I would encourage anyone who wants to lose some pounds and change their life to invest in this. You will be glad you did!

Are you tired of your unhealthy diet and lifestyle? Do you want some revolutionary changes in your life? Do you want to add some healthy vegetables and fruits in your diet in a delicious way? If yes then this book is like heaven for you. This recipe book contains some amazing ideas of how the green vegetables and fruits can be combined together in these healthy drinks. You do not have to be worried after having this book. This book features all of the great smoothie recipes which are easy to make and have a lot of health benefits. These smoothies contain the whole fruits and vegetables blended together, so they are enough to fulfil your hunger. These green smoothies are greatly helpful for weight loss because they will reduce your intake of fats. You get your maximum nutrients from the vegetables and fruits in these smoothies. These drinks use fresh and raw fruits and vegetables to get the maximum benefits out of them. These amazing smoothies are rich in vitamins, minerals and antioxidants. These antioxidants are very helpful in the freshness and healthiness of our body. With the cleansing effects of these antioxidants, these smoothies are effective for healthy hair growth and glowing skin. These smoothies will change your entire lifestyle after being a regular part of your diet. All of the recipes contain the ingredients which are easily available and manageable. This book features the recipes having ingredients based on plants; therefore this book is equally good and beneficial for the people following the vegetarian diet. Once you start following this track of healthy eating, it will soon become your habit.