



# **Green Smoothie Cleanse: A Healthy Green Smoothie Recipe Book for a Total Body Cleanse (Green Smoothies 1)**

*Jake Rhodes*

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## **Cleanse Your Body and Feel Great!**

**Have you been looking for a great way to cleanse your body and feel great through a healthy diet?**

A green smoothie cleanse is a great way to rejuvenate your body and get back to that great feeling you use to have when you were young. By drink these green smoothie recipes you can totally flush out toxins in your body from eating unhealthy foods and drinks.

Acidic fruits like lemons, limes, grapefruit, and oranges have powerful effects on the body in which we can utilize to detox and cleanse our body from harmful ingredients in the things we eat.

If you have ever tried a 10 day green smoothie cleanse only to find yourself a month later feeling like you needed another this book will provide you with the recipes and inspiration to keep going after your 10 day mark and make healthy smoothie drinking a part of your everyday life. Green smoothies are some of the best ways to achieve the detoxification of our bodies to get us back healthy but you can not just drink a green smoothie for 10 days and expect to feel great the rest of your life. This green smoothie guide will show you how to make smoothies a part of your everyday life so that you will be, and feel healthy for years to come.

Not only do these green smoothie recipes detox your body but they are also great for weight loss. If you are just as health conscious about your weight as you are your body's cleanliness, drinking green smoothies for weight loss can also be the other half of the puzzle to help you lose weight. Drink these green smoothies for weight loss and detox to create a bulletproof health plan or your diet.

If you treat this smoothie recipe book as your green smoothie recipe bible you will be amazed by the profound effects it will have on your health and your body.

**The green smoothies diet will:**

- Give you clearer and more radiant skin
- Cleanse your body
- Detox your body from chemicals and ingredients in other foods
- Give you natural energy like when you were young
- Help reverse the effects of aging
- Improve overall health

This green smoothie cleanse recipe book has some of the simplest directions you will find anywhere. These

smoothie recipes are so easy we could have easily called this book green smoothies for beginners.

If you are looking for a great green smoothies for life book, look no further, you have found it. **Scroll to the top and order your copy today!**

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