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# The New Green Smoothie Diet Solution: Nature's Fast Lane To Peak Health



## Synopsis

New Bestselling Green Smoothie Book Now Available In Print Version! Join The Green Smoothie Revolution For Abundant & Radiant Health! Feeling tired, stressed and depressed? Introducing a simple, affordable, mouth-watering way to improve your health from the inside out. The "Green Smoothie diet Solution" gives you a simple, immediate and complete blueprint you can start using today to achieve new levels of health and well being! Expensive equipment Not Required! Hard to find exotic fruits and vegetables, Not Essential! And as a bonus, you'll spend less than you normally would at the supermarket, while enjoying all of the nutritious benefits of deliciously tasty green smoothies. Inside You'll learn How To: Create the perfect smoothie every single time (step "by-step) Balance sweet and savory flavors for maximum taste Rotate greens for maximum efficiency Supercharge your smoothies with next level ingredients Purchase the best blender without breaking your budget Licensed Naturopath and Raw Food Expert, Elizabeth Swann focuses on the 7 critical factors of peak health and how to easily achieve them. This Book Will Show You How To: Overcome sugar cravings and shed inches fast Detoxify your body Fight the negative effects of stress Feel happier and calmer Increase vitality And improve the look of your hair and nails Over 30 flavor packed, health infused recipes that are guaranteed to be: 100% Kid friendly 100% Budget friendly 100% Budget friendly 100% Quick & Easy to prepare 100% Quick & Easy to prepare 100% Created with ingredients you can find anywhere Limited Time Bonus Get instant access to Elizabeth's online e-course "10 Days To Everlasting Health" which is currently selling for \$17, but you get it for FREE when you purchase this book. Get your copy of The New Green Smoothie Diet Solution and start feeling great from the inside out today!

## Book Information

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## Customer Reviews

I borrowed this book on Kindla and will go back and buy it. I read through the whole book before attempting my first smoothie. A friend gave me a gift card for Kohl's for Christmas and had already bought a blender. For those that have not bought a blender I do not recommend the one marketed by food network. My first smoothie was the Berry Good Complexion Smoothie because it seemed like it would be an easy one. Right. I decided for the green tea ice I would just make the tea in a measuring cup then I could determine how many cubes would equal 1/2 cup when I filled the ice tray to freeze. That worked well. Word of advice on frozen bananas. It might be better to peel them before you freeze them. Otherwise they have a very good potential to become high speed projectiles while you are trying to cut and peel them frozen. High grade entertainment if you have pets. Threw everything in the blender except greens and pulsed. Blender did not cooperate. Got my trusty bamboo spoon out and pushed the items down. Fruit unscathed and bamboo spoon shortened by 1/4". Dumped everything into a bowl and used a pasty blender to assure it was chopped into small pieces. Put it back in the blender and hit pulse. No joy. Blender, sucks. But I also bought an immersion blender so I broke it out spooned the mixture into the cup added greens and went to town. I didn't exactly end up with a smoothie, more of a chunky chewy. Didn't care, I was determined at this point. It was pretty good and I probably had a little extra fiber thanks to the bamboo spoon. Even though I had 3 cups of kale in there I wouldn't have noticed if it wasn't a little chewy. So to recap, thrashed the kitchen, ruined my shirt, traumatized the pets and had a delicious smoothie. If it can still taste good after that and I am planning to give it a go again then I give it 2 thumbs up. 12/26/2013 I thought I would add an update with a blender recommendation. I ended up buying the Ninja- I highly recommend it for anyone making smoothies or anything requiring blending/chopping. My smoothies are now bamboo free relatively simple affairs.

My husband got this for me for Christmas at my request as this appeared online to be a very comprehensive book. It includes sections on Detox, Weight loss, stress, energy, and beauty. I was really excited to receive it but that excitement faded fast. Written Content: First of all the author fails to really go into detail in her various sections. For example in her detox section she says you need to detox for 4 continuous days but does not say much more on how to detox. I wanted to know do I drink all green smoothies for all meals or what. I ended up emailing the author for more information

and her reply was that I needed to buy her detox book and that it should be for only 1-3 days for detox and all meals and liquid. Hello? So her response to me even contradicted her own advice in this book to do it for 4 days. In addition I bought this book because it had a section on detox and I expected to learn how to detox using her green smoothies in her section in this book on detox. What a huge disappointment. The weight loss section was just as much a joke as far as her "advice" is concerned. Overall the writing really lacked detail and made me feel like she was just trying to fill up pages rather than put forth any real useful information. I would have thought her having been a naturopath she would have had more concrete information to present. On a positive note she does give some useful information on the nutrient contents of some of the ingredients used in the smoothies.

The smoothies: A big problem I have is that these make a very large serving. She states that the smoothie is 1 serving yet it fills my blender almost completely. I had a hard time getting through one without feeling overly full. For example the Kale-n-Orange smoothie in the weight loss section calls for 2 full oranges and 2 full bananas and 3 cups of kale and is only considered 1 serving at 447 calories. The smoothie was delicious but it filled up my whole blender. I had to share it with my kids because it was just way too much for me. Second problem is that many of the recipes call for ingredients that are harder for me to find like goji berries and dandelion greens. Also many of the ingredients, unless in season, can be very expensive to buy. Try finding inexpensive watermelon in December. She does list a whole bunch of other ingredients you could use but if I just wanted to experiment on my own with a list of ingredients I wouldn't buy a smoothie book with the intent of learning how to make green smoothies. Also plan on brushing your teeth and flossing your teeth after you drink your smoothies as the green does cling to your teeth :) Positive note: The smoothies are very delicious. I am sure this is due to the high fruit content. The smoothies also do not call for added sugar (again thanks to the fruit). I do like that about this book. She does have quite a few smoothie recipes but really not as many per section as I would have liked. This is just an okay book. You could find many similar recipes online. If you are looking for something new and revolutionary you are not going to find it here.

If you want to be healthy and feel good you need to buy this book. I have been drinking smoothies for years, but I have never tried vegetables in with the fruit. You will not believe how delicious nutrition can be. Even if you don't like green veggies, you will love these smoothies. The author is very informative on the nutritional value of each ingredient. I would strongly recommend this book, even if you don't need to lose weight you will feel much healthier.

The author obviously did his research, because every chapter addresses a specific objective with clear explanations. I like smoothies, they're fast and good, but as a diabetic, I have to be careful they don't have too much fruit - mix in greens? Really? So there I was, with my mouth watering as I kept reading further, getting hungrier by the minute, especially since I hadn't had any lunch yet, and I stumbled on the so very simple parsley, avocado pear smoothie. I'll admit I was a little, quite skeptic even, but boy was it delicious!!! I however need my protein, so I accompanied it with a small salad with baby spinach and fresh water shrimp, pine nuts, shallots, sesame oil/olive oil and fresh lemon juice, pepper. In a hurry, the smoothie would have sufficed. It was so delicious, satisfying, really smooth. I liked the advantage that it was fast and I am not bloated. I liked that one for the taste and it doesn't have too much fruit, the pear and honey really balanced this recipe well so the greens did not take over. More exploration is in the plans for sure!! I guess it's clear - I really like this book. I am so looking forward to trying the Virgin Bloody Mary smoothie! If I have to find a down side to balance this critique, I wish there were a few illustration in this book, but it is far from essential. Overall, here is a great smoothie book to have at hand. It inspires to eat healthy. Try it!

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