



44 Quick & Simple Fruit Smoothie Recipes For Health and Wellness You'll Love! Discover Smoothie Recipes For Weight Loss, Abundant Health, and Increased Vitality.

Juliette Mason

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Enjoy Awesome Smoothie Recipes That Boost Health, Help Lose Weight, and Give Life Changing Nourishment!

This book is perfect for any Paleo, Raw diet or immune boosting health program. Nutrition and Health author Juliette Mason helps take in getting back and maintaining optimal health and natural state of balance in our bodies with the classic body boosting juice and smoothie recipes.

Making smoothies and juices that are nutrient-rich is easy when you know how to do it. A healthier you has never been easier to achieve until now. By integrating a healthy amount of fresh organic fruits and vegetables in your diet your body will be transformed into a powerhouse of energy and vitality. These delicious and easy-to-make smoothies and juices are nature's superfood!

These smoothie and juice recipes were carefully chosen for their being powerful healers and their ability to bring us awesome health giving properties.

Be sure to start out with fresh, uncooked, and washed produce.

We hope you take the time to learn, create and enjoy these delicious smoothie recipes, and wish you the abundant health and divine wisdom! To start on your path to good health, simply visit the buy now button, and purchase today!

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