



SMOOTHIE: Detox Cure...How I lose 10 pounds in 14 days! (Rapid Weight Loss Book 2)

Emma Brown

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This e-book shows you my personal experience losing weight through smoothies.

My concerns and results should, on one hand, encourage you to carry on also give you an understanding about smoothies as alternative diet, through which you will be guaranteed to lose up to 10 pounds within 14 days.

In this book, I have recorded in my diary my personal tests with smoothies, which are growing in popularity. Even though these notes were initially intended for me to record my own progress, I found them interesting enough to make my records available to the general public.

What was very important to me in continuing the smoothie diet was my efficiency and increased concentration lead to more zest for life. As a human being that doesn't suffer from depression, this was quite a new experience for me to take part in my life so intensively again.

This book contains all the recipes that I personally used during my rapid weight loss. Every day I have gone further from my simple beginnings. I have experimented, tasted and tested something new and I will share my success diet and my tastiest recipes.

Try my unique mix of super-nutrients that will flatten your gut, boost your metabolism, heal your digestive system, and turn off your fat genes for good!

This is just a preview of what you will get in the book:

“Interesting facts about smoothies”

“Functionality of smoothies in losing weight”

“Green smoothies are the Porsches of the power drinks”

“My diary”

Day 1 – My first approach

Day 2 – The first physical reactions

Day 3 – My latest discoveries

Day 4 – The extension of my “fleet”

Day 5 – The first noticeable achievements

Day 6 – I keep on with the love of experimentation

Day 7 – My first nadir

Day 8 – Discontent spreads

Day 9 – Why carry on?

Day 10 – The new motivation boost

Day 11 – In search of a new formula

Day 12 – What my dentist advises me

Day 13 – The first visible achievements

Day 14 – Getting back to normality

Recipe bonuses:

So start your blenders and enjoy this comprehensive resource about every aspect of the wonderful world of healthy smoothies!

Are you ready to have the same results as me?

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James Brown:

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Richard Byrnes:

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John Cheung:

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Gloria Engstrom:

In this era which is the greater man or who has ability to do something more are more valuable than other. Do you want to become one among it? It is just simple strategy to have that. What you need to do is just spending your time almost no but quite enough to get a look at some books. Among the books in the top list in your reading list is SMOOTHIE: Detox Cure...How I lose 10 pounds in 14 days! (Rapid Weight Loss Book 2). This book that is certainly qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

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