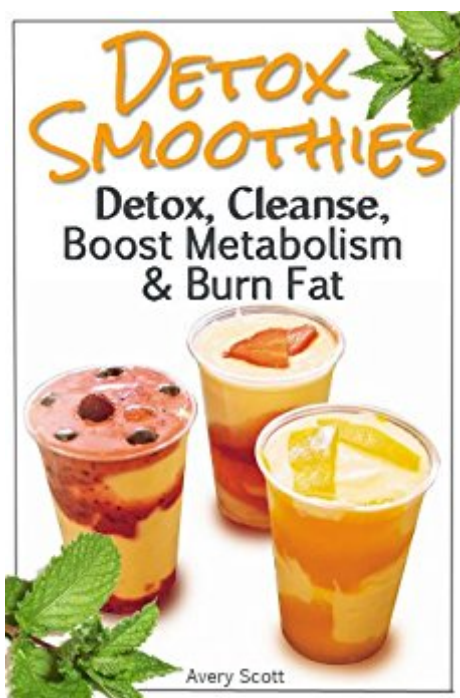


The book was found

Detox Smoothies: Detox, Cleanse, Boost Metabolism & Burn Fat



Synopsis

Detoxing your body with delicious detox smoothies is a great way to help restore the valuable nutrients that your body is really craving, removing toxins while giving your digestive system a break from having to break down and digest food. Since the liver is the most important detoxifying organ in the body, it makes sense to drink fruits and vegetables to help it function at its best by not putting too much strain on it. This book provides recipes of some of the most powerful detox smoothies which can be incorporated into any detox program that you're following, or just simply enjoyed for their health benefits. The potent combinations of detoxifying and healing properties that will remove fattening toxins from your body, boosting your metabolism and allowing your body to burn fat more effectively.

Book Information

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in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Cookbooks, Food & Wine

#12 in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness &

Dieting #60 in Kindle Store > Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Even though, I haven't made all the smoothies but the recipes does not require many ingredients. I enjoyed what I made.

Great recipe and information about "super foods", organic fruits & vegetables and how to use these

together to make a healthier YOU. Love these smoothies, filling, healthy, no loss of energy but an increase in energy. very easy (once you get everything needed).

It's ok I already know about them nothing new

Love the smoothies in this collection.

the book is awesome, I bought a magic bullet and lost 15 pounds in two weeks. now I just try many smoothies 2 to 3 times a day. this book tells me what each fruit and vegetable does for your body ,and most of it use .the recipes in this book sound delicious.

You get what you paid for, no pictures and about 10 recipes. Ok for 1.00, the recipes are good. Good for a cheap book

Not really what I wanted. It doesn't explain what the smoothie is detoxing nor why you use the ingredients of the particular smoothie. You can get better info on the internet.

Awesome recipes, delicious and easy to make. I feel so healthy and rejuvenated. Highly recommended to any body who needs to reset you're body.

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Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes 7 Day Tea Cleanse Diet Plan (FREE BOOK INSIDE): How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week, Flush out Toxins and Improve Your Health Nutribullet Recipe Book: Delicious and Healthy Smoothies, Designed To Promote Weight Loss, Suppress Hunger, Boost Energy, Anti-Age, Detox and Cleanse and Much More! (Diet, Nutritious, Natural, Easy) Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life

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