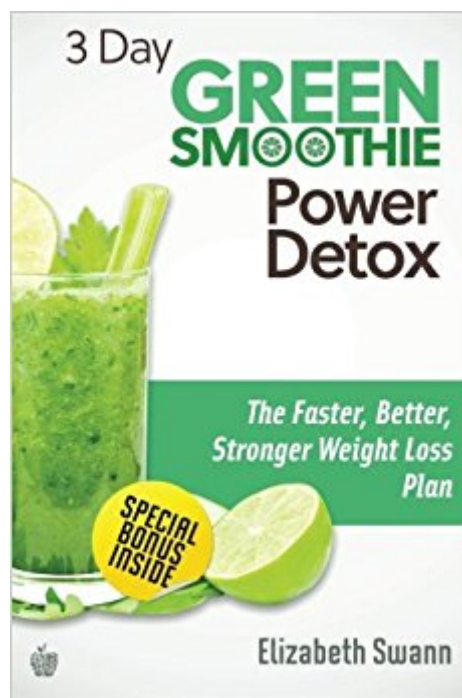




The book was found

3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan



Synopsis

New Bestselling Green Smoothie Book Now Available In Paperback The Tastiest Green Smoothie Detox Plan In The Universe! Fact: Many diet plans tell you to either starve yourself or eat weird tasting foods. Inspired by her clients and her own personal experiences Bestselling Author, Naturopath and Raw Food Expert Elizabeth Swann-Miller created a simple, hour by hour, step by step detox plan that you can easily follow to get maximum Detox results with minimum effort.

What's So Great About Green Smoothies? Green smoothies are created by blending leafy greens with delicious fruits. Leafy greens are packed with next level nutrients like minerals, vitamins, fiber and phytonutrients. Adding fruits to the mix enhances the nutritional value and helps mask the taste of the leafy greens, so it's basically a match made in heaven! To make your 3 day detox even easier, Elizabeth formulated over 21 flavor packed, easy to prepare recipes that are guaranteed to maximize the effects of your detox. This book will show you how to:

- Create the perfect smoothie each and every time
- Create your own unique shopping list with easy available, low cost ingredients
- Prepare for your 3 day juice cleanse for maximum detox effect
- Avoid possible side effects and how to deal with them if they arise
- Boost your 3 day detox with cleanse enhancing activities
- Select a blender that will do the job, but won't break your budget

And much more! Join The Green Smoothie Revolution & Get A Special Bonus! Inside the book you'll find a direct link to Liz's online e-course "10 Days To Everlasting Health" which is currently selling for \$17, but you get it for Free with your purchase. Grab a copy today and learn how you can supercharge your health and feel amazing with the power of green smoothies!

Book Information

Paperback: 70 pages

Publisher: CreateSpace Independent Publishing Platform (March 13, 2013)

Language: English

ISBN-10: 148269705X

ISBN-13: 978-1482697056

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 24 customer reviews

Best Sellers Rank: #1,644,111 in Books (See Top 100 in Books) #100 in Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Collecting #1131 in Books > Cookbooks,

Food & Wine > Beverages & Wine > Juices & Smoothies #10045 in ÃÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Elizabeth Swann (Miller) has over 10 years of experience as a practicing Naturopath (ND) specializing in healing through nutrition. She has degrees both in Psychology and Naturopathy. As a person struggling with overweight throughout her childhood, teens and early 20's, Elizabeth decided to take charge, take stock and start making changes in her life for the better. Her experiences with thousands of clients and her own personal experiences have led her to become an author. Her goal is to educate as many people as possible about the healing powers of food and how to easily incorporate these changes into daily life. Elizabeth has two daughters and currently lives and practices in Mount Carmel in sunny Israel.

I will start by saying I read this author's other book: The New Green Smoothie Diet Solution, first. I enjoyed it so much that I jumped onto to get this one. This book is a lot shorter than her other one, but this one solely focuses on how to do a healthy detox. There are lots of recipes in this book and I was happy to see that they were all different from the recipes in her other book. No doubling up on stuff here! It is a great compliment to her other book so I am really glad I have both of them. I did try the detox and I lasted for 2 and a half days. I actually did feel really good and not sick like I felt doing other kinds of detox systems. I do recommend this book if you are looking for a healthier way of doing a detox. The recipes are quite good as well and I still make a couple of them on a daily basis.

Anyone who wants to feel better on the inside would benefit from reading this book, which not only has lots of great recipes, but also outlines very clearly the reasons why detoxing using green smoothies can be very beneficial to your health. The author clearly knows their stuff, and has presented it in a very logical and easy to read fashion. Highly recommended.

After struggling to lose weight after a sports injury, 3 Day Smoothie Detox helped to prepare my body for the 30-day juicing fast. Incidentally, in my religion we prepare our bodies for fasting by blending fresh fruits and vegetables prior to fasting for seven days; however the preparation is approximately 14 days and then we do not eat for seven days or more. Liz Swann Miller condensed the preparation and by doing so, impressed me with its detox abilities. If you need to detox, this is

the way to go--after all, this is to your health.

This book covers even more than I ever expected to learn about a healthy way to detox. I've always thought the juice detox systems were not right, but I didn't know exactly why until reading this. Talk about a step by step, here's how you do it guide... this book even covers all the how and whys for several days of preparation for the 3 day detox, to help your body prepair as much as possible. This has also removed any qualms I had about eating greens, which is a biggie for me, because I normally avoid green vegies like the plague. This has become both my smothie and my detox bible and the only reason I gave it 4 stars is because I haven't had time to actually put the plan into action and be able to tell you about the results. But I will start my preparation today and should be on track to begin the 3 day detox next weekend! I'm excited and think this will be a healthy life changer!

3 DAY GREEN SMOOTHIE DETOX VERY GOOD BOOK. THANK YOU

This is a nice collection of green smoothie recipes. I guess, for a person new to green smoothies it would be more interesting than it was for me. It is nice to have a variety, but personally, I just make my green smoothies from whatever greens and fruits I have at the moment (and they're always tasty no matter what I put inside). The price is reasonable, and the book is easy to read. Two other books are variations on the same topic, I bought all of them just to have them in my library.

This is going to be my new favorite book! I recently started making smoothies, and have loved the way they makeme feel. This book gives some fantastic recipes and great information on taking smoothies a step further as a good way to detox. It also covers how food and health go hand in hand, and how you can enjoy great tasting shakes while improving your health.

Everything went well

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