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Smoothie Recipes: The best smoothie recipes for increased energy, weight loss, cleansing and more! (Volume 1)

Anthony Anholt

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Do you want to lose weight and have more energy while improving your health?

Adding healthy smoothies to your diet can dramatically change the way you look and feel today!

We all know we should eat more fruits and vegetables. From dramatically lowering the risk of disease to having healthier looking skin to losing weight the benefits of a healthy diet are endless. However, due to our fast paced lifestyles many of us skip meals and wind up grabbing readily available junk food as opposed to finding a carrot or apple. Another factor is that a lot of people just don't like the taste and texture of certain fruits and vegetables, no matter how healthy and beneficial they are. What do to?

This is why people all over the world are increasingly turning to smoothies. Smoothies may be the quickest, easiest, and tastiest way for you to consume the daily dosage of fruits and vegetables that your body needs.

How can adding smoothies to your diet help you?

Let me count the ways:

- Help you lose weight and prevent fat accumulation
- Increase your energy levels naturally without the need for artificial stimulants
- Rejuvenate your body and help prevent disease
- Your skin and hair will acquire a healthy, youthful glow that people will notice
- Aid digestion while purifying your blood and boosting your immune system

My book of Smoothie Recipes is filled with delicious smoothie ideas that will benefit you. From low carb to diary free to vegan it's all here in a form that anyone can make, including you! Your health is the foundation on which you build a productive and joyful life. When you have your health your have everything, without it you have nothing. The power to look better, feel better and be better is within your grasp.

Grab this book and get started down the road to a healthier and more dynamic you today!

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