



# **GREEN SMOOTHIE CLEANSE: Vol. 1 Unofficial Extra Recipes For Your 10-Day Cleanse (Smoothie Recipes) (Green Smoothies)**

*Charity Wilson, My Recipe Journal*

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**Are you ready to enjoy a renewed sense of health and vigor? Do you want to see if all the hype about a green smoothie cleanse is true?**

### **Green Smoothie Cleanse Rockin Recipes**

One of the biggest challenges most people face when attempting a *green smoothie cleanse* is the fact the recipes they choose taste awful. I would be lying if I said you will love every recipe you find inside this book or the other book in the series.

The truth is you won't, but chances are you will find enough to get you started or to complete your 10 day *green smoothie cleanse*. Variety and flavor are key to your success during a cleanse. Just think how many you have started and stopped early (if you are like me) because you couldn't choke down the concoctions people were peddling.

Before you even jump into a cleanse you may want to experiment with these recipes and set yourself up with ten or more that you love or have modified to where you love them. Then start the cleanse so you can actually stay the course.

### **Why Do A 10 Day Green Smoothie Cleanse?**

If you do a search on *green smoothie cleanses*, you will find as much evidence for as against them. The only way to know whether a cleanse will work for you is to try it. If you are on the fence, here are some of the reported benefits people have experienced:

- Improvement in their allergies
- Reduction in bloating and instances of constipation
- Less frequent brain fog and headaches
- Improved sleep patterns
- Weight loss
- Increased energy

- Aches and chronic pain diminished
- Significantly fewer yeast infections

Any time you consume more vegetables it can only add to your overall health. I make green smoothies a daily part of my diet and my body thanks me for it every day.

## Ready To Get Blending?

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**From reader reviews:**

**Linda Hupp:**

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**Bryce Adams:**

People live in this new day time of lifestyle always try to and must have the extra time or they will get lots of stress from both everyday life and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not only a robot. Then we request again, what kind of activity are there when the spare time coming to an individual of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, the actual book you have read is actually GREEN SMOOTHIE CLEANSE: Vol. 1 Unofficial Extra Recipes For Your 10-Day Cleanse (Smoothie Recipes) (Green Smoothies).

**David Trudeau:**

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