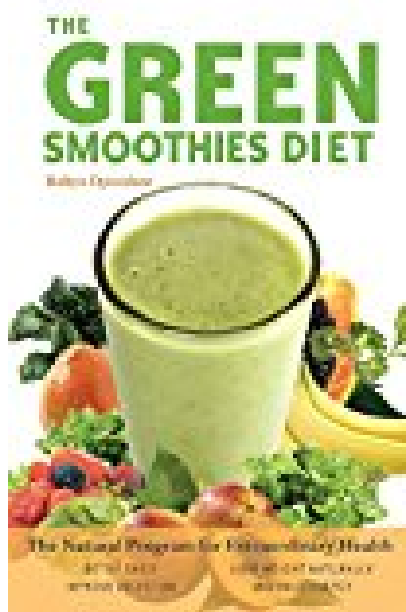


Green Smoothies Diet The Natural Program for Extraordinary Health



BOOK DETAILS

- Author : Robyn Openshaw
- Pages : 208 Pages
- Publisher : Ulysses Press
- Language : English
- ISBN : 156975702X



BOOK SYNOPSIS

Outlines an accessible program for losing weight, detoxifying, and improving energy levels by adding leafy greens to fruit smoothies, sharing step-by-step instructions for a selection of recipes while placing an emphasis on the programs nutrition and health-bolstering potential. Original.

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