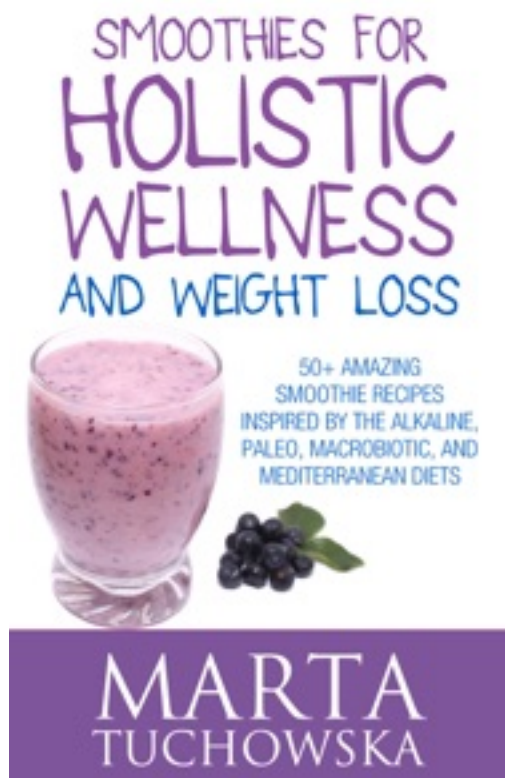


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*****Over 50+ Recipes Included*****

Imagine feeling like you are 15 again. Imagine a life without aches, pains, excess weight, and stiffness. Imagine feeling light, happy, and energized.

Imagine more energy and personal success in all areas of your life...

Have you ever seen a wild animal with gout, arthritis, or obesity? Nope, neither have I.

So is it really normal for animals and humans to suffer from:

- Gout
- Infections
- Osteoporosis
- Diabetes
- Cancer
- Heart Disease

Or are our lifestyles and food choices to blame?

Choices. Hm. Powerful word. What choices have you made about your health?

Do you bounce out of bed in the mornings, or do you continue pressing the snooze button for just a few more moments of sleep? Are you able to get through the day without feeling fatigued?

Do you suffer from any ailments? Disease? Can't lose weight even though you count calories and follow the latest "dieting" fad?

You have to make the right choice now. The solution is just in front of you.

That is what this book is all about.

Holistic, natural smoothies are a great health tool to help you nourish your body to achieve your health goals so you can be the person you want to be.

They are a great way to add more healthy, nutrient-rich foods into your diet that will help you eradicate:

- Illness
- Disease
- Excess Weight

Perhaps you suffer from fatigue, aches and pains, and stiffness, or perhaps you would like to lose weight. You've been to doctors and taken medication, but for the life of you, you just can't understand what's making you feel worse than you should be feeling. You have been told to get used to it. Swallow another pill.

If that's the case, you have the power to change it.

"Smoothies for Holistic Wellness and Weight Loss" will provide you with holistic, natural tools so that you can finally energize your body and mind the way you deserve...

Additional HEALTH AND WELLNESS benefits of "Smoothies for Holistic Wellness and Weight Loss"

- :
- You will lose weight naturally
 - You will get started on something incredibly healthy
 - You will make your diet more exciting and fun
 - You will wake up your body and mind with some highly energizing nutrients

Imagine how your personal and professional life could change if you only had more energy and vibrant health...The solution is simple: more fresh raw foods in form of delicious, creative and nutritious smoothies!

"Smoothies for Holistic Wellness and Weight Loss" contains more than 50 delicious smoothie recipes that are inspired by:

- The Alkaline Diet
- The Paleo Diet
- The Macrobiotic Diet
- The Mediterranean Diet

You can have the answers you've been searching for. Right now.

Take meaningful and purposeful action today. Energize your body and mind like you

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