

The Supercharged Green Juice & Smoothie Diet



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(Dr. Reta Murphy)

THE SUPERCHARGED GREEN JUICE & SMOOTHIE DIET



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Supercharged Green Juice & Smoothie Diet, Christine Bailey, Green juices and smoothies are the go-to drink of the moment. They are fantastically healthy, packed with vitamins, minerals and phytonutrients. And they're also much better for you in terms of sugar content and balanced energy levels. Christine Bailey takes green juicing to a whole new level. Supercharged Green Juice & Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Packed with nutrient-rich, health-boosting ingredients, each juice or smoothie contains at least one supercharged ingredient. These boosters include superfood powders such as acai berry powder (one of the most concentrated sources of antioxidants) or collagen powder supplement (brilliant for your skin), sea vegetables, seeds, bee products, berries, herbs and tinctures. Use the handy reference section at the back to quickly find recipes that will help you to lose weight, maximize energy levels, boost the immune system, combat ageing and look amazing. There is also a 2-day power-charged Superfood Juice Diet plan to set you on your way to looking fabulous as well as feeling great. Nutritionist and best-selling author Christine Bailey shows you how easy it is to make daily juices and smoothies, and explains the benefits of using green juices and supercharged ingredients for extra weight-loss and health-giving properties.



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