



Quick and Easy Gluten Free Low Carb Smoothies the Easy Way: Spice Up Your Meals with Quick Easy Smoothies You Can Make with Your Favorite Kitchen Tools (Spiral Vegetable Cutter, High Speed Blender)

By Juliana Baldec

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is a 5 in 1 box set compilation of 5 books. This compilation includes Juliana Baldec's 5 titles: Book 1: 11 Healthy Smoothies Book 2: 21 Amazing Smoothies For Weight Loss Book 3: JUICING: Juicing For Vitality a Health Book 4: Paleo Is Like You! Book 5: Smoothies Are Like You! From one of America's most passionate advocates of turning common and sick making food choice into a healthy balanced lifestyle that includes 5 minute quick and effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Not only can these healthy blender drinks boost your health and wellness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing weight and keep it off,...



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