



15-Day Green & Fruity Smoothie Detox - A Natural Weight Loss Program to Lose 10-15 Pounds in 15 Days: With 25 Additional Delicious Smoothie Recipes!

Dr. Azka

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Updated: 04 August, 2014

This book is written by Ms. Azka who is an experienced Medical Doctor and have in-depth knowledge about human Physiology, Anatomy and effects of food on human body systems. This book is basically a 15-Day cleanse and weight loss program that will lose your 10-15 pounds, or more, in just 15 days. If you will strictly follow the instructions mentioned in this program, you will be losing maximum weight and gaining maximum health benefits.

Every effort is made to make this book very simple, short, to the point and easy to understand & follow. Important concepts and topics are discussed in beginning that you must know to take full advantage of this program. The intention of writing this book is NOT to educate you about human Physiology and Anatomy etc. The main focus is to give you clear step by step instructions that will help you in losing your extra body weight in a safe way.

***** Additional 25 Delicious Green Fruity Smoothie Recipes Added:*****

In this edition of book, 25 additional green smoothie recipes are added. You can drink these tasty smoothies even if you don't want to do complete 15-day cleanse program. Just drinking one smoothie per day will give you enormous health benefits after few weeks.

What is the Main Aim of this 15-Day Program?

The main aim of writing this 15-Day Green & Fruity Smoothie Detox and Cleanse book is to provide you a free-of-fluff and easy to follow program that can make your bodies free from extra fat & make you healthy without any side effects. Author of this book is a Physician and knows what human bodies really want. This book is NOT about losing your extra weight by intense exercise program, dieting or weight-loss pills. Of course, you can lose your weight by these methods, but most of the time your body re-gains weight after few months or years.

This 15-Day Smoothie Cleanse program will help you in making your body toxins free and losing extra body fat. All this will be achieved by adding delicious smoothies in your daily diet. These smoothies contain fruits, green vegetables and water.

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Katherine Sherrer:

Typically the book 15-Day Green & Fruity Smoothie Detox - A Natural Weight Loss Program to Lose 10-15 Pounds in 15 Days: With 25 Additional Delicious Smoothie Recipes! has a lot associated with on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. Mcdougal makes some research before write this book. This particular book very easy to read you can find the point easily after perusing this book.

Larry Swartz:

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love 15-Day Green & Fruity Smoothie Detox - A Natural Weight Loss Program to Lose 10-15 Pounds in 15 Days: With 25 Additional Delicious Smoothie Recipes!, you are able to enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Charles Denzer:

In this era which is the greater man or who has ability to do something more are more treasured than other. Do you want to become one of it? It is just simple method to have that. What you must do is just spending your time not much but quite enough to possess a look at some books. One of the books in the top record in your reading list will be 15-Day Green & Fruity Smoothie Detox - A Natural Weight Loss Program to Lose 10-15 Pounds in 15 Days: With 25 Additional Delicious Smoothie Recipes!. This book which can be qualified as The Hungry Slopes can get you closer in getting precious person. By looking up and review this

guide you can get many advantages.

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