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Antioxidant Smoothies: Sensational Smoothie Recipes That Promote Anti-inflammatory, Anti-aging and Immune System Health (Add 10 Years To Your Life!)

Jerry Newsome

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Did you know that 20% of the population suffers from some form of immune system disease? The world is becoming sicker by the day, as illnesses such as Arthritis and joint disease affect over 43 million people in the United States alone!

Have you ever wondered by some people seem to age gracefully while others seem to have a short-lived youth?

Chronic illnesses and rapid aging have become so commonplace that many people truly believe that sickness and disease is a part of life. However, after spending 10 years in the health industry I have come to realize that illness is not an accident, rather a direct result of our lifestyles weather we know it or not!

Did you know that diets rich in anti-oxidants have been shown to prevent disease, inflammation and improve the immune system in studies dating back to the 1960's!

So why isn't the information commonplace? I'm sure you know the answer. The industry of sickness is in the billions and companies profit from your suffering every day!

However, the truth is out! There are natural remedies for many common ailments! The recipes in this book are packed with powerful nutrients and antioxidants that have been proven to ward disease while enhancing the health of the heart, eyes, brain, and even the mood of those who use them on a regular basis!

A diet high in antioxidants, are not only good for anti-aging and inflammation, but amazing for your overall health

This book is packed with smoothie recipes that you can make in the comfort of your home that will improve your life today!

Each smoothie contains a different health benefit; from anti-aging to anti-inflammation. A potent combination of recipes that will improve your well-being and ward off sickness

This book will:

• Inform you of the most powerful antioxidants to consume
• Provide you with delicious healthy smoothie recipes
• Inform you of the significance of including antioxidants in your diet
• Provide you with smoothies that will provide specific benefits
• Uncover ingredients that you didn’t know could be the answer to a longer life
• Help Reduce Stress and Anxiety
• Help Detox your body
• Increase your Energy

Once you discover how great these smoothies make you feel, you will be upset that you didn't discover these recipes earlier!

Not only are the recipes in this book incredible for your health, they flat out taste delicious!

Take action today and download this book. It's your Health, so take control today!

Tags: Anti-aging diet, immune disease diet, Smoothie Cleanse, Smoothie Cleanse Diet, Detox, best cookbook, improve health, 10 Day Green Smoothie Cleanse, lose weight, inflammatory diet, increase energy, reduce cholesterol, fruity smoothies, daily smoothies, healthy diet, healing foods

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From reader reviews:

Maribel Davenport:

Have you spare time to get a day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the particular Mall. How about open or read a book called Antioxidant Smoothies: Sensational Smoothie Recipes That Promote Anti-inflammatory, Anti-aging and Immune System Health (Add 10 Years To Your Life!)? Maybe it is to become best activity for you. You already know beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with their opinion or you have some other opinion?

Johnny Powers:

This Antioxidant Smoothies: Sensational Smoothie Recipes That Promote Anti-inflammatory, Anti-aging and Immune System Health (Add 10 Years To Your Life!) book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this reserve incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This Antioxidant Smoothies: Sensational Smoothie Recipes That Promote Anti-inflammatory, Anti-aging and Immune System Health (Add 10 Years To Your Life!) without we know teach the one who reading through it become critical in contemplating and analyzing. Don't be worry Antioxidant Smoothies: Sensational Smoothie Recipes That Promote Anti-inflammatory, Anti-aging and Immune System Health (Add 10 Years To Your Life!) can bring any time you are and not make your carrier space or bookshelves' turn into full because you can have it within your lovely laptop even cell phone. This Antioxidant Smoothies: Sensational Smoothie Recipes That Promote Anti-inflammatory, Anti-aging and Immune System Health (Add 10 Years To Your Life!) having very good arrangement in word along with layout, so you will not experience uninterested in reading.

Randy Anderson:

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Hoyt Moore:

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