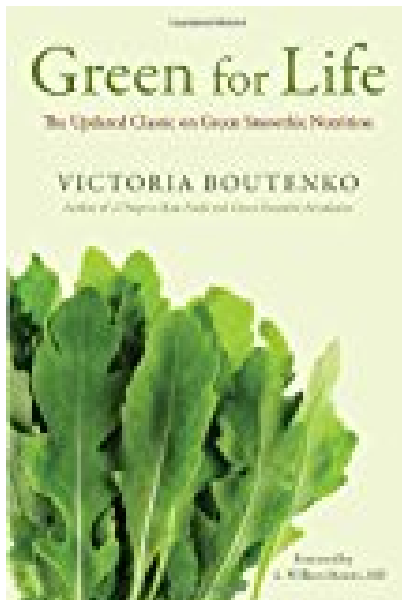


Green for Life The Updated Classic on Green Smoothie Nutrition



BOOK DETAILS

- Author : Victoria Boutenko
- Pages : 224 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 155643930X

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

Everyone knows they need to eat more fruits and vegetables, but consuming even the minimum FDA-recommended five servings a day can be challenging. In *Green for Life*, raw foods pioneer Victoria Boutenko presents an overlooked powerhouse of nutrition in this equation: greens. For their bounty of minerals and nutrients, greens exceed other vegetables in value. *Green for Life* details the immense health benefits of greens and suggests an easy way to consume them in sufficient quantities: the green smoothie. This quick, simple drink benefits everyone, regardless of lifestyle, diet, or environment. Green smoothies eliminate toxins, correct nutritional deficiencies, and are delicious as well. *Green for Life* includes the latest information on the abundance of protein in greens, the benefits of fiber, the role of greens in homeostasis, the significance of stomach acid, how greens make the body more alkaline, the healing power of chlorophyll, and more. Also included are the results of a pilot study demonstrating the effectiveness of adding just one quart of green smoothies a day to one's diet, without changing anything else in dietary intake. Green smoothie testimonials and recipes give readers confidence and motivation in exploring green smoothies for themselves. This updated edition offers important new research on the role that omega-3 and omega-6 fatty acids play in metabolic health and includes nutritional data on select green smoothies and updated findings on organic versus conventional produce. Offering more in-depth nutritional and experiential information than Boutenko's recently released *Green Smoothie Revolution*, *Green for Life* makes an ideal companion piece to its recipe-rich successor. From the Trade Paperback edition.

GREEN FOR LIFE THE UPDATED CLASSIC ON GREEN SMOOTHIE

NUTRITION - Are you looking for Ebook *Green For Life The Updated Classic On Green Smoothie Nutrition*? You will be glad to know that right now *Green For Life The Updated Classic On Green Smoothie Nutrition* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *Green For Life The Updated Classic On Green Smoothie Nutrition* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *Green For Life The Updated Classic On Green Smoothie Nutrition* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *Green For Life The Updated Classic On Green Smoothie Nutrition*. To get started finding *Green For Life The Updated Classic On Green Smoothie Nutrition*, you are right to find our website which has a comprehensive collection of manuals listed.