

Anti-Aging By Choice

Smoothies To Look and Feel Younger



Sandra Douglas



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Anti-Aging By Choice: Smoothies to Look and Feel Younger (Anti-Aging Home Remedies Series Book 1)



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Yes, there are! Ingredients that can increase center health, bone health insurance and eye health? Ingredients that can improve pores and skin and hair? Scroll up and purchase right now and begin to boost your health and appearance and feel younger! Is there foods which will help you feel and look younger? In this publication, Sandra Douglas has offered delicious smoothies that, when added to your diet, can help you to look and feel younger and strengthen the body! Give you a little more energy?



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Bland I came across that the recipes We tried were not too tasty. I've constantly thought preparing smoothies would be too much trouble, but Sandra Douglas convinced me otherwise. Her recipes audio delicious and are an easy task to follow. She also combines them with a description of medical and anti-aging advantages to be gained. The Creamy Orange Smoothie appears like the answer for me to get needed Vitamin C into my diet plan. I bought this book for my mother, who's always looking for new ways to appear and feel younger. Acquired not considered using almonds as I didn't know easily want the texture but it was really great and added a boost of protein and supplement e to the smoothie, not to mention it was very filling and I won't be starving for awhile. It appears easy to make and sounds great. I'd recommend this book to anyone looking to add a healthy variety with their diet. They audio great. The Nutty Banana Smoothie also sounds really delicious. this book comes into my kitchen often when it is period for a snack or lunch. The banana chocolate smoothie has flax seed in it, which has fiber and omega 3 fatty acids in it, what more can I require? my favorites are the types with peaches and with bananas. Great little book with some good ideas Wonderful small book of guidelines and recipes for healthful smoothies. I highly recommend this book to everyone interested in tasty smoothies. The author also includes some ideas to producing smoothies and I picked up a couple of suggestions I hadn't heard of before that was cool. I in fact add things to a few of the recipes plus they are still great and nutritious. How can you go wrong with bananas, nuts and honey? I experienced as though these recipes might have been easily entirely on line. Anticipate your next book. Rating This was just what I wanted. I've been making smoothies at home for quite a while now and these look like some really good recipes! I'll try the kiwi smoothie first. Gleam bunch of tips in this reserve too on the subject of which fruits help to make the very best smoothies. I recommend this book. ANTI-AGING by choice Smoothies to look and feel younger I have been on a smoothie kick and have gotten many smoothie kindle books this is one We use quite a bit due to the good tasting quality recipes. Among the smoothies utilized cottage cheese that i had never seen before (and I favor as opposed to yogurt) and was surprised at how great it tasted and the consistency was amazing. Loved the idea of using green tea in some because the liquid. This reserve has the coolest dishes for great tasting smoothies that are actually healthy! Informative read I gave the publication a 4 star rating because it was an excellent read it got right to the point. Thanks. However I really like how the benefits of ingredients is roofed in the recipe. I would recommend this book. Great Smoothie Quality recipes and Great Tips! I have loved this tremendously. I was totally impressed with the timing of getting my item. Many thanks! Terrific Recipes! They're awesome and refreshing but a little bland. Five Stars A+ Yummy I can not wait to start trying these and getting the advantages of my daily quota of fruits and vegetables. Great recipes! I cherished the orange/vanilla twist ice cream I ate years back, just like the author's grandmother, which means this sounds particularly appealing to me. I Thank you because of this book. I drink smoothies and I cannot wait to try these dishes. Great Smoothie Recipes!!!



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