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Smoothie diet: how to cleanse the body and lose excess weight



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http://www.litres.ru/pages/biblio_book/?art=70354468
ISBN 9785006234314

Аннотация

In this book you will find many unique smoothie recipes specially designed for cleansing the body and losing weight. The author offers a selection of seasonal fruits, vegetables and herbs that will help not only get rid of toxins, but also saturate the body with healthy vitamins and minerals.The author of the book are not responsible for the information provided. The book is for informational purposes only and does not call for action. Please contact your healthcare provider.

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A doctor's consultation is required before applying the recommendations

Cover designer Leonardo ai

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ISBN 978-5-0062-3431-4
Created with Ridero smart publishing system

Chapter 1: Smoothie Diet: Benefits and Principles

The smoothie diet is a popular nutritional regimen that is becoming increasingly common among those seeking a healthy lifestyle. It is based on the consumption of fresh fruits, vegetables, herbs, berries and other natural ingredients in liquid form. Over the past decades, the smoothie diet has

gained widespread popularity due to its effectiveness and ease of preparation.

In this book, we will look at the basic principles of the smoothie diet, its benefits, and also share with you recipes and recommendations for those who want to take control of their diet and improve their health.

There are many benefits associated with the smoothie diet. Firstly, smoothies contain a huge amount of vitamins, minerals and antioxidants, which have a beneficial effect on the body, improve immunity and improve health. Secondly, smoothies help control weight because they fill you up while helping you absorb fewer calories. In addition, a smoothie diet helps improve digestion and cleanse the body of toxins.

The principles of the smoothie diet are that the bulk of the diet consists of fresh fruits and vegetables. It is important to eat a variety of ingredients to ensure your body gets all the nutrients it needs. It's also important to avoid adding sugar or other sweeteners to smoothies, as this can counteract their beneficial properties.

Later in this book, we'll take a closer look at these and other aspects of the smoothie diet, present you with healthy and delicious smoothie recipes, and share tips on how to integrate

this nutritional regimen into your daily life. An exciting journey to health and a joyful lifestyle awaits you.

Chapter 2. The path to cleansing the body with smoothies

After I realized the need to cleanse my body, I began to explore different ways to achieve this goal. Of the many methods, I was attracted by the idea of cleansing the body with a smoothie. Why did I choose this method?

A smoothie is a drink consisting of fresh fruits and vegetables mixed in a blender until smooth. It contains all the essential vitamins, minerals and nutrients that the body needs in daily life. In addition, smoothies also help cleanse the body of toxins and waste.

I started researching different smoothie recipes and discovered that there were an endless variety of them. From classic banana and berry options to exotic combinations of fruits and vegetables, the choice was huge. Considering that I am not an expert in the field of healthy eating, I had to turn to specialists for help.

I turned to a nutritionist who helped me develop a healthy diet based on smoothies. He recommended including more fresh fruits and vegetables in your diet, as well as reducing the amount

of animal fats and carbohydrates. He also advised me to use only natural ingredients without added sugar or preservatives.

I began to follow his recommendations and within a few days I felt that my body began to cleanse itself of waste and toxins. My energy has increased and my overall health has improved significantly. I felt cheerful and full of energy.

In addition, smoothies not only help cleanse the body, but also help improve intestinal function, strengthen the immune system and normalize weight. All these positive aspects convinced me that this method of cleansing the body was the right choice.

Thanks to the ease of preparation and availability of ingredients, including smoothies in my diet has become for me not only a way to cleanse the body, but also a pleasant ritual every day. After some time, I noticed that my body began to work much more efficiently, and my appearance became fresh and healthy.

Thus, cleansing the body with a smoothie is an effective method that brings real results. I recommend that everyone who wants to improve their health pay attention to this method of cleansing and include it in their life.

Chapter 3: Nutrient Ingredients for the Smoothie Diet

We know that smoothies are a great and healthy way to get lots of nutrients. In this chapter, we'll take a closer look at the key ingredients you can use to make smoothies to reap the maximum health benefits.

Fruits

Fruits are the main source of vitamins, minerals and antioxidants. Use a variety of fresh fruits such as apples, bananas, strawberries, mangoes, pineapple, pears, cherries, plums, etc. Fruits can be added to smoothies whole or in juice form, but the best results are obtained from using fresh fruits and berries.

Vegetables

Vegetables enrich smoothies with a lot of useful substances. Especially healthy are green vegetables such as spinach, kale, celery and green peppers, which contain many vitamins, minerals and antioxidants. You can also add colored vegetables to smoothies, such as carrots, beets, pumpkin, tomatoes, etc.

Greenery

In addition to green vegetables, you can add various types of greens to smoothies, such as parsley, basil, mint, coriander,

spinach, etc. Greens enrich the smoothie with chlorophyll, phytoncides and other beneficial substances.

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