



# **40 Super Food & Super Smoothie Recipes For Better Health: Feel Amazing, Lose Weight, and Gain Unlimited Energy (Smoothies For Weight Loss- Superfood Recipes-Superfood Smoothies-Smoothie Recipe Book)**

*Ariana Hunter*

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40 Super Food & Super Smoothie Recipes For Better Health Are you tired of indulging in numerous diets, calorie counting, and weight loss pills and potions? Then look no further than this eBook. This eBook does not focus on some “lose weight quick” scheme that will only leave you broke and hopeless. The main focus of this book is to expose you to some of the most beneficial super foods, and give you an interest in adding these foods to your daily diet. 3 Reasons Why You Need to Add Super Smoothies and Superfoods to Your Diet: 1. Rich in Antioxidants – Our bodies suffer toxic overload. We are filled with toxins through air pollution, processed foods, and the free radicals our bodies produce naturally on a daily basis. Antioxidants help neutralize these harmful forces. This is a benefit to us because in most cases, free radicals and toxins always outnumber the antioxidants that our systems naturally produce. So, an increased level of antioxidants will be a great benefit to our biochemistry and bodily functions. Which will improve our overall health. 2. Healthy Digestive System – Most superfoods have a high fiber content and as many of you already know, fiber does wonders for our digestive system. It helps our bodies eliminate at a more efficient level. Did you know that the easier it is for your body to eliminate waste, the healthier your immune system will be? So, not only will your body be free of toxic waste, your immune system will be a lot better. 3. Natural Fat Burners – Superfoods are the TOP metabolism boosting foods on the market. If you’re counting calories, these low-calorie, fat burning, foods will be the key to your diet success! 40 Super Food & Super Smoothie Recipes For Better Health will take you by the hand and show you exactly how walking for weight loss and fitness will drastically improve your body and mind. Sneak Peak at what this book contains: \* Green Smoothies \* Detox Smoothies \* Insight on some of the BEST SuperFoods \* Delicious and Nutritious Recipes These 40 Recipes for better Health will be your gateway into a new way of eating and thinking about foods. The recipes in this book will make consuming some of the blandest foods into some of the tastiest treats you’ve ever had. This book makes improving your health a breeze, and put you on the right path to obtain and body you’ve always wanted! SCROLL UP AND DOWNLOAD:: "40 SUPER FOOD AND SUPER SMOOTHIE RECIPES FOR BETTER HEALTH" NOW, AND BEGIN TO CHANGE YOU LIFE TAGS: super foods, smoothies for weight loss, superfood recipes, superfood smoothies

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