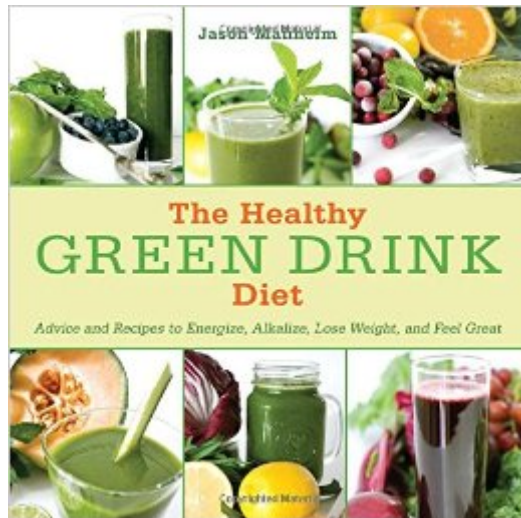


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The Healthy Green Drink Diet: Advice And Recipes To Energize, Alkalize, Lose Weight, And Feel Great



Synopsis

One juice or smoothie a dayâmade from green vegetables such as kale, cucumber, celery, and spinachâworks wonders for organ health, immune system strength, and weight loss. Now the founder of heathygreendrink.com offers a persuasive argument for adding a green drink to your day, as well as recipes for dozens of different variations. Why drink green? Green leafy vegetables are extremely alkaline and great for lowering your blood pH and remedying many common ailments and diseases. By juicing or blending the vegetables into a delicious smoothie, you can enjoy the goodness of many more cups of greens that you could possibly eat in one sitting. The juicing process also breaks down or removes the fibers of the plants so their nutrients are able to get into your system quicker. The "green drink" approach offers dieters the chance to add something rather than take it away, without guilt. A cleansing detox drink is a fantastic, tasty way to consume all your necessary vitamins and minerals without having to resort to a processed multivitamin. Plus, green-drinkers quickly start to crave more fruits and vegetables, leading them to a healthier diet over all. The Healthy Green Drink Diet gives health enthusiasts all the tools they need to add green drinks to their daily routine and feel the wonderful, energizing results through and through.

Book Information

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Customer Reviews

I love to juice vegetables and fruits and I have a good friend who literally dragged himself off Death's Door by juicing vegetables that allowed him to heal up from an obesity-caused ailment. I

can't think of any better endorsement than that. While it is easy to juice fruits and carrots and cucumbers, greens add a lot more to a healthy mixture and also allow you to eat MORE servings of those deep green vegetables as well as change the balance of your body to a more healthful one. The author gives you advice on how to make green drinks, which do not necessarily require a juicer, in fact, he informs us that blending (breaking down cell walls of the veg) and triturating juicers do a better job and get you more nutrients (one brand of triturating juicer is the Omega, which I always recommend to my friends. It is listed as a "masticating" but it is also called triturating.) So you actually don't have to have a juicer, per se for this book. A blender can work. The recipes show you how to incorporate arugula (rocket), kale, collards, other greens and make digestible, nutrient filled and tasty smoothies that can add buckets of vegetables with all their vitamins, minerals and antioxidants to your daily diet. I have an issue that I do not eat enough vegetables, especially raw ones as I don't like salads when I go out to eat (bagged salads as served nowadays in most places absolutely bore me, like eating leathery, tasteless shrubbery) and I don't use them up fast enough at home. Juicing and green smoothies are actually for me, convenient as well as healthy.

I am a professed green smoothie junkie and have been teaching about them for nearly 9 years. I collect information, books and recipes on green drinks. Naturally I had to get this one. I'm not much of a reviewer but felt compelled to share my thoughts since so many people have brought this book to my attention and have asked me about it. In a nutshell - this is a beautiful picture book, well presented BUT very thin in content and new information. I applaud Jason for making such a beautiful book. Anything published about green smoothies to get the info out ranks high in my book.

Unfortunately the book reads like a website. In fact, pretty much all of the information and recipes presented in the book can be found on any single reputable website about green smoothies. I found myself thinking... this is identical to x website as well as y website and z and... If I'm going to spend money on a book I want there to be substance - at least something new that I can't easily read on a website. Another issue I have with the book is that it is clearly geared towards green smoothie beginners, which is great, but many recipes are unusual and targeted for specific tastes. In other words they don't embody the spirit of the beginner to support them with simplicity to actually like drinking greens when they are not used to it. While I do enjoy many of the recipes I would not recommend the majority of them for those new to green drink. It also promises to deliver every health benefit possible about green smoothies but again, gives only a cursory overview of what it's really about.

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