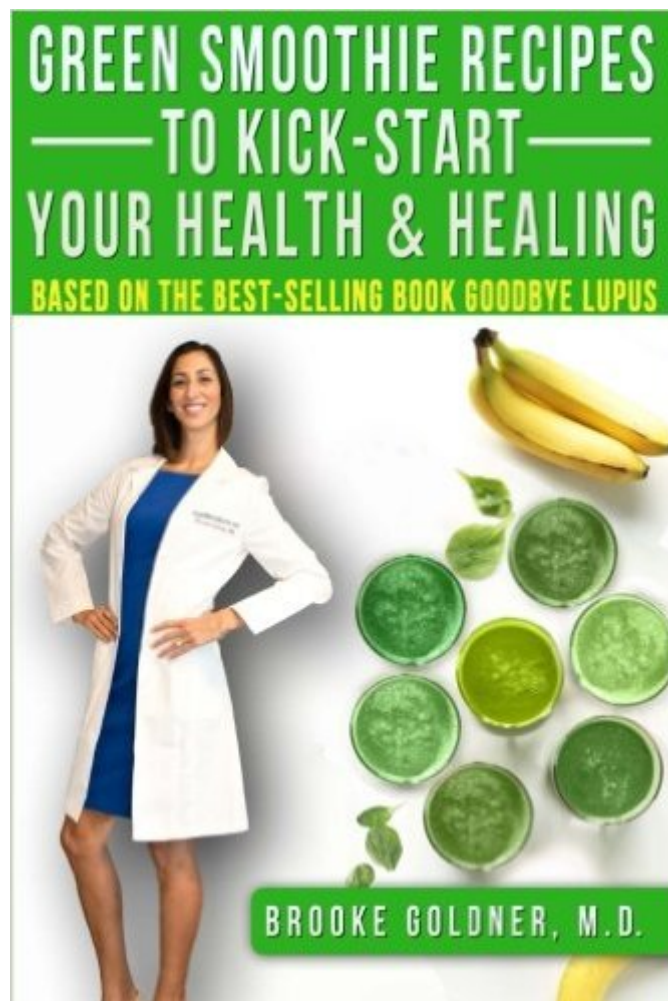


The book was found

Green Smoothie Recipes To Kick-Start Your Health And Healing: Based On The Best-Selling Book Goodbye Lupus



Synopsis

Brooke Goldner, M.D., Best-Selling Author of Goodbye Lupus, shares 24 of her favorite green smoothie recipes that she prescribes her patients when helping them heal their bodies. Brooke Goldner, M.D. is a board certified physician is known world-wide for being a medical doctor who has developed a nutrition-based treatment for her own autoimmune disease, Lupus using supermarket foods. Prior to her discovery, Dr. G had serious illness and had 11 years of medical treatments with high dose steroids and chemotherapy. Using nutrition alone, she has been completely healthy and requiring no medications for 10 years. Her nutrition program not only helps Lupus, but a myriad of other chronic health conditions. Dr. Goldner prescribes a diet that focuses on nourishing your cells, and these recipes are an important part of her program.

Book Information

Paperback: 36 pages

Publisher: CreateSpace Independent Publishing Platform (May 24, 2014)

Language: English

ISBN-10: 1494907267

ISBN-13: 978-1494907266

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 0.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #409,734 in Books (See Top 100 in Books) #27 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #188 inÂ Books > Medical Books > Allied Health Professions > Diet Therapy

Customer Reviews

I was disappointed when I received this pamphlet (it is not a book) for nearly \$10. There are 25 pages of smoothie recipes and the pages feel like you printed it at home. That said, the recipes are ok. I would pay a few more dollars and get an actual smoothie book, like Simple Green Smoothies with over 150 recipes rather than 24.

If you want to start incorporating more fruits and vegetables in your diet to help your body, you have to start somewhere. If you are like me, you have no clue where to start except that I DON'T (or didn't) want to have to eat spinach or kale. Yuck! Right?! But it's good for you. So, I actually had a chance to meet the author and medical doctor of this book. She is accepting new patients and can

be reached on her website. Google her. She has written this book to make it simple for vegetable lovers, haters, 'excuse-givers' to consume a healthy serving of vegetables and fruits each day. I personally find I benefit most when I include 3 smoothies a day into my diet, that's me. So, where am I going with this? These are simple and quick recipes that will start you on the journey of understanding how making smoothies are done, healthy ones. I am not talking about the ones that claim to be healthy but are really making you sick long term. Once you start with some of these basic recipes, you can switch them up however you like. Have fun with it. Make substitutions for different fruits and switch out spinach for kale or turnips, etc. This is a GUIDELINE (or Green Smoothies for Dummies - ME) that will help you learn how to create your own. The other reviewer stated that there was too much fruit in the recipes.. WELL< HELLO!! just substitute more spinach and less fruit or other healthy green leaf vegetable. This can and will change your life day by day if you apply small changes and learn how to give your body the vitamins and nutrients it needs to live, heal, and thrive. It's a choice, and this book makes it easy to incorporate healthier choices into your lifestyle of fueling your body.

This book is amazing. Oh, and by the way, fruit has a LOT of nutrients and vitamins in them. They are a necessary for vitality. If you want a book that gives simple, delicious, nutritious, quick recipes that children and husband's will love, give this book a try. This book also helps you gain a basic understanding of how to create your own, personalized smoothies. For instance, if you don't like avocados, use bananas. If you don't like one fruit use another of similar texture and sweetness. Getting an equal serving of fruits and veggies in these recipes is what makes them give the body a fully loaded dose of nutrients per smoothie, give the digestive system a variety of healthy, natural fiber it needs to function properly, and helps other organs operate on a lower operational demand level. By assisting the digestion system and other organs in this manner, it prevents them from overworking and allows them to work most efficiently. These recipes are a guideline for beginners, like myself. Once you gain experience from trying one recipe after the other, you'll understand what you like best and how YOUR body responds to each recipe. Then you can create your own smoothies using this book as a guideline and start seeing drastic improvements in your own because of your own personalized smoothies. Everything starts some where, and everyone needs something to start with. This is a great place to start.

This book is an easy fast read. Although the information is pretty basic, it has helped me tremendously to start a new eating plan and after just a few weeks I can already see and feel a

difference. Going to keep going with it! It helps to read about someone else's journey with Lupus and how much diet can help and makes me feel hopeful.

I was very disappointed. It could not have taken more than a day to compile this recipe list. No nutritional information. No indication of the different benefits each smoothie might confer. If it wasn't such a hassle, I would have returned this for a refund.

Very helpful in changing diet for wife's problems.

Recipes only. No answers. You might want to try her other book if looking for regimen.

[Download to continue reading...](#)

Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) Green Smoothie Recipes to Kick-Start Your Health and Healing: Based On the Best-Selling Book Goodbye Lupus Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Selling on eBay: 7 Steps to Selling \$5,000 Per Month on eBay in Less Than 25 Hours a Week (selling on ebay, how to sell on ebay, ebay selling, ebay business, ebay, ebay marketing,) Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing FBA Secrets: The 25 Best FBA Secrets Revealed: Best

Selling Secrets Revealed: The FBA Selling Guide (fba, selling on ... sell on , fulfillment by , fba)
SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) NUTRIBULLET RECIPES FOR KIDS: 100 Quick and Easy Nutribullet Recipes: Healthy Smoothie Recipes, Nutribullet Recipe Book, Easy Smoothies for Kids, Delicious Smoothie Recipes Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Depuraci3n Smoothie Verde 10 (10-Day Green Smoothie Cleanse Spanish Edition) (Atria Espanol) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) Pure Green: 100+ Delicious Green Smoothie Recipes For A Sexier, Healthier, More Vibrant You!

[Dmca](#)