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As you read this book, you agree to be tied to the above statements. Library of Congress cataloging in publishing data Smith, JJ 10-day green smoothie cleanse / JJ Smith, first edition 1. Health/ Diet 2. Weight loss 3. Women's Health and Wellbeing ISBN: 4 Content Introduction 1. What is a 10-day green smoothie cleanse? 2. Why green smoothies? 3. Getting ready 4. How to make a 10-day green smoothie clean 5. JJ s Personal Tips for Success 6. How to continue losing weight after cleaning 7. Five detox methods to enhance cleaning 8. FAS (FA Questions) 9. Reviews 10. Success stories 11. Conclusion APPENDIX A: More than 100 green smoothie recipes for various Anti-Aging Athletic Performance Beauty (Healthy Hair, Skin and Nails) Bones and Joints Constipation Detoxes Diabetes/Sugar Control In Energy Heart Health Immune Immune Child-friendly mood boosting stress weight loss and fat burning Miscellaneous APPENDIX B: Pure, high protein recipes 5 Important note to readers Information contained in this book for your education. It is not intended to diagnose, treat or treat any medical condition or issue medical advice. If you choose to follow the plan, you should seek the advice and advice of a licensed healthcare professional and then use your own judgment. It is important to get proper medical advice before making any decisions about nutrition, diet, supplements or other health-related issues discussed in this book. Neither the author nor the publisher qualified to provide medical, financial or psychological advice or services. The reader should consult the relevant medical professional before contacting any advice given in this book. 6 Introduction Congratulations on taking control of your health, taking care of your body and feeding it that it should be thin, healthy and bright! If you're like me, you really want to look and feel great! Fighting overweight can be one of the most frustrating, complex and emotionally draining experiences on earth. Many people are fighting an endless battle to lose weight and become healthy. Despite numerous fad diets, exercise regimes, and adorable diet pills, Americans continue to grow more and more year after year. Diets are pre-sufficient, and the diet industry is huge. But the sad fact is that about 95 percent of people who lose weight on a diet recruit it in another three to five years. You can't lose weight forever by strictly following any special diet, taking diet pills or following an exercise regimen. You need to understand that losing weight involves major lifestyle changes. What do I mean by lifestyle change? First, you have to forget about diet! Generally, you go on a diet, which means that at some point you go out of it. A typical diet is what you do over a period of time. What usually happens when you leave your diet? You gain all the weight back. With this ten days of cleaning, we're going to retrain your taste buds to desire and crave healthy foods so you never have to think about dieting again. I believe that the first step in losing weight is detoxification. Without detox, millions of people around the world lose the fight to lose weight forever. There are many factors that promote weight gain, and one factor most ignored by traditional diets is toxic overload. Simply put, people often find it difficult to lose weight because their bodies are full of poisons. The more toxins you take or are exposed to every day, the more toxins you store in fat cells in the body. Toxins that in fat cells, it is difficult to get rid of through diet alone. First you need to detoxify the body. Thus, the most effective weight loss programmes should focus on fat loss and detoxification, which lead to overall improvements in health and well-being. I am a nutritionist, a certified weight loss expert, author of the best-selling #1 Lose Weight Without Dieting or Working Out, and creator of the Detox-Eat-Move (DEM) system. Over the years, I've helped people lose weight without dieting so they can get their sexy back! Dem System focuses on helping you detoxify, cleanse, and reset your taste buds so you want healthy, natural food. Why I created the 10-day Green Smoothie Cleanse last year, after years of clean, healthy eating and detoxification, I was pressed with mercury poisoning from my silver dental touts! I had high levels of mercury in my brain, intestines, liver and kidneys. I couldn't get out of bed for 2 months. And when I did, just making the bed required that I lay back 7 down to rest! My health, energy and motivation were at an all-time low. After a long and slow recovery last year, I decided I needed to do something to get my health and energy back, as well as losing twenty pounds I gained while in bed. I created a 10-day Green Smoothie Cleanse, learning how raw greens can heal the body. In addition, already a detox advocate, I knew I needed to rid my body of excess waste and toxins that had accumulated as a result of mercury poisoning. As soon as I created the 10-day Green Smoothie Cleanse, I asked if I could get ten members of my family and friends to do it to me for support. I was pleasantly surprised to learn that about 100 of them wanted to do it! We created a Facebook group to keep each other motivated. Because the results were so phenomenal, in less than two months we had about 10,000 people join a Facebook group and decide to do the cleanup with us. In just ten days, people were losing ten to fifteen pounds, charging with energy, changing health conditions and feeling better than they've had for years. When I completed my first cleanup, I lost eleven pounds. My energy was high, my skin was glowing and my digestion and bloating improved. I felt refreshed and motivated again! Before I started cleaning, I was taking twenty-four supplements a day to help my body recover from mercury poisoning. After completing the cleanup, I only took four supplements a day. I have such a positive outlook on my health and look forward to returning to focusing on my life dreams and goals. The 10-day Green Smoothie Cleanse is a detox program to help you lose weight, increase energy, reduce cravings and improve overall health. You will detoxify your body by eliminating certain foods within ten days and reprogram your taste to wish for healthy, nutrient-rich foods. Once the cleanup is complete, you never have to count calories or stick to complex or expensive meal plans or measure food again. Your body naturally craves and desires healthy, natural food. Food. A 10-day green smoothie cleanse, you will give your body the nutritional quality it needs when cleaning your cells and insides. Vitamins, minerals and other nutrients will be absorbed by your body more efficiently, allowing your cells to become as new as you start to look and feel younger. What makes us feel old is silt and waste in the body. Anti-ageing creams and cosmetic surgery won't clean this. Your skin will look younger because your cells will become denser and healthier. Aging, dull, dry skin; plumpness; dark circles; and the wrinkles will begin to fade. Now you can look and feel better than a decade ago. You'll feel like you're growing younger rather than older! In short, you will learn how to become young, healthy and energetic on the inside. I think you could say I fell in love with the green smoothies and want the world to know it! Every day, green smoothies change the lives of so many people, including my own family and friends. I've had thousands personally thank me for putting them in green smoothies. Anyone who has tried green smoothies can't help but share the experience with others. I commit to drinking green smoothies every day and getting as many people as I can to drink them as well. Will you join me on this journey to heal the body, lose weight and raise energy levels? By doing this, you never have to worry about weight again. 8 Are you ready to look slimmer, healthier, and sexier than you have for years? This is an amazing way to transform your health in just ten days. So get ready to start your 10-day green smoothie cleanse! 9 Chapter 1 What is a 10-day green smoothie cleanse? Green Smoothie Cleanse is a ten-day detox/purification consisting of green leaf currents, fruit and water. Green smoothies fill and healthy, and you will enjoy drinking them. Your body will also thank you for drinking them. You can expect to lose weight, increase energy levels, reduce cravings, clear your mind, and improve digestion and overall health. It's an experience that will change your life if you stick to it! Most Common Health Improvements After a 10-Day Green Smoothie Cleanse: Weight Loss (Most Lose Pounds When They Follow The Regimen) Increased Energy Mental Clarity Better Sleep Reduced Cravings Better Digestion Less Bloating Why Detox/Cleanse The Body? There are many factors that promote weight gain, and the one most ignored by traditional diets is the excess of toxins in the body. When the body is overwhelmed with toxins, it transfers energy from burning calories to working harder to detoxify the body. In other words, the body has no energy to burn calories. However, when the body effectively gets rid of toxins, energy can be used to Fat. Simply put, traditional diets so often don't work because they don't toxic waste in the body. Calorie counting does not detoxify or cleanse the body. Weight loss will not be permanent if your body systems are sluggish or affect waste matter or toxins. You must first rid your body of toxins to ensure that your body can better metabolize the food you eat without leaving unnecessary waste, leading to weight gain. The following symptoms indicate the presence of excess toxins in the body: bloating, constipation, indigestion, low energy, brain fatigue/fog, depression, weight gain, chronic pain, infections, allergies, headaches and bowel/digestive problems. Do you need detoxification / cleaning? Take this self-esteem quiz! 10 Take this quiz to determine whether you have toxic overload in your body, leading to weight gain and poor health. Read each question and give yourself one point for each answer so. Results Do you crave sweets, bread, pasta, white rice and/or potatoes? Do you eat processed foods (TV dinners, lunches, bacon, canned soup, snack bars) or fast food at least three times a week? Do you drink caffeinated drinks such as coffee and tea more than twice a day? Do you drink diet sodas or use artificial sweeteners at least once a day? Do you sleep less than eight hours a day? Do you drink less than 64 ounces of good, clean water every day? Are you very sensitive to smoke, chemicals or fumes in the environment? Have you ever been able to take antibiotics, antidepressants or other medications? Have you ever taken birth control pills or other estrogens such as hormone replacement therapy? Do you have frequent yeast infections? Do you have silver dental fillings? Do you use commercial household detergents, cosmetics or deodorants? Do you eat neo organic vegetables, fruits or meat? Have you ever smoked or been exposed to second-hand smoke? Are you overweight or do you have cellulite fatty deposits? Does your occupation expose you to environmental toxins? Do you live in a large metropolitan region or near a major airport? Do you feel tired, tired or lethargic during the day? Do you have difficulty concentrating or focusing? Do you suffer from bloating, indigestion or frequent gas after eating? Do you get more than two colds or flu a year? Do you have repeated congestion, sinus problems or a post-satulous drip? Do you sometimes notice that you have bad breath, tongue coated or a strong smell of urine? Do you have puffy eyes or dark circles under your eyes? Are you often sad or depressed? Do you often experience anxiety, anzu or stress? Do you have acne, breakouts, rashes or hives? Do you have less than one defecated movement a day and/or get constipated from time to time? Do you have insomnia or trouble getting a restless sleep? Do you get blurred vision or itching, blazing eyes? The higher your score, the greater a toxic burden that you can bear, and the more you can benefit from a detox and cleanup program. If you 20 or higher: You will greatly benefit from detoxifying your body, which can lead to weight loss and improved health and vitality. It is highly recommended to look differently for detoxification of the body. If you scored 5 to 19: You're more likely to benefit from a detox program to improve health and vitality. If you scored below 5: You can really be free from toxic overload in the body and live a very 11 healthy, toxin-free life. Good for you! While our bodies have the ability to remove toxins, it is when the body is overwhelmed with toxins that it stores them in fat cells. Fat cells don't break down very easily, so they literally weigh the body and make it bigger. As toxins accumulate, we begin to experience health problems such as allergies, migraines, underlying diseases, and fatigue/low energy. The 10-day Green Smoothie Cleanse is really a wellness experience. Here's how you do it: 1. Every day you drink up to 60 ounces of green smoothies a day. Just cook all your day s worth the green smoothies in the morning and pack it to take with you. Keep it in cooling as much as possible. Drink one-third every three to four hours during the day or sip in a smoothie as you're hungry. 2. You can snack on apples, celery, carrots, cucumbers and other crunchy vegetatives throughout the day. Other high-protein snacks include unsweetened peanut butter, boiled eggs, and raw or unsweetened nuts and seeds (handful only). 3. Drink at least eight glasses of water (64 ounces) a day, as well as detox or herbal teas, if desired. 4. Follow one of the two colon cleansing methods if necessary (see chapter 5). 5. DO NOT CONSUME refined sugar, meat, milk, cheese, liquor, beer, coffee, sodas/diet sodas, processed foods, fried foods, refined carbohydrates (white bread, pasta, doughnuts, etc.) also be sure to join our Facebook group to get support, encouragement and

