



10 day green smoothie cleanse full pdf

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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 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 gualified 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 feed 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 twentyfour 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. 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 crave and desire healthy, natural food. Food. A 10-day green smoothie cleanse, you will give 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 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? Green smoothie start your 10-day green smoothie cleanse? Green Smoothie cleanse? Green Smoothie cleanse? 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 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 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 guiz! 10 Take this guiz to determine whether you have toxic overload in your body, leading to weight gain and poor health. Read each guestion 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 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 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 suffer from bloating, indivition 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 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 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 and live a very 11 healthy. 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, processed foods, refined carbohydrates (white bread, pasta, doughnuts, etc.) also be sure to join our Facebook group to get support, encouragement and

advice from me and others in So Let's Learn How to Detox to Jumpstart Lose Weight and Get Healthy! Keep reading! 12 Chapter 2 Why green smoothies are guickly taking the health world by storm! Green smoothies are surprisingly simple, consisting of raw organic fruits, raw organic leafy greens and water. (Recommended fruit ratio: greens are 6:4.) Despite its simplicity, green smoothies provide a ton of nutritional benefits that lead to a healthier lifestyle. These benefits include weight loss, energy gain, reduced food cravings, clearer skin, and more. Ten great reasons to drink green smoothies 1. RICH IN NUTRIENTS. The ingredients in the smoothie are all raw and therefore more nutritious. Extremely high temperatures often used during cooking destroy many of the nutrients in our food. Green smoothies loaded vitamins, minerals, anti-inflammatory substances, phytonutrients, fiber, and many others! They are also stuffed with chlorophyll, which in structure is similar to hemoglobin in human blood. So drinking green smoothies is a lot like getting a cleansing blood transfusion. 2. WEIGHT LOSS. If you're trying to lose weight, you'll be pleasantly surprised to learn that green smoothies are a great way to do it. They have a high water content and are filled with green leafy veg, which can be eaten in abundance and still do not gain weight. They also have a high fiber content that will help you stay full and reduce cravings. 3. DETOXIFICATION. Our body naturally tries to eliminate toxins, but an excessive part of any of them will slow down the body's detoxification systems. The reality is that you can help the body in detoxifying and eliminating toxins that cause weight gain and harm to your health. You can and should detoxify and cleanse the body if you want to live better and live longer. Once your body uses nutrients from the food you eat, it should dispose of unused food particles and waste produced by the digestion process. Without proper and complete elimination, undefavorable food can back up and leave toxins and waste in your body. But thanks to the green smoothie, you can get the fiber you need to cleanse your body, tone down the digestive system, and eliminate toxins. 4. BRIGHT, BRIGHT, BRIGHT HEALTH. A healthy body is bright, full of energy and life! I believe that natural, raw foods, you just look and feel better and younger. Once you eat in a way that keeps your cells clean and healthy, you'll start to look shiny despite your age. People are designed to eat diets mainly made up of fruits, vegetables, seeds, and nuts. With these kinds of natural, healthy foods, our bodies thrive and get all the essential nutrients to keep our bodies toxin-free and looking our most beautiful. When you start drinking green smoothies, one of the first 13 places where you'll see changes in the quality of your skin. Healthy eating and life will take years off your face, eliminate wrinkles, fade age spots and give you a second youth. Your skin will become elastic and acne will clear up. Your eyes will become brighter and start sparkling. Dark circles and plumpness will decrease, as will the yellowness in your white eyes. On the inside of your body, your cells will become rejuvenated as well, causing your organs to function more efficiently. 5. EASILY DIGESTED. Green smoothies are much easier to digest and metabolize than solid food. Just because you eat the right amount of fruits and vegetables every day doesn't mean you automatically get all the nutrients you need for your health and wellbeing. There are many people who can't effectively digest solid whole food, nutrients from food are not absorbed by the body. Green drinks, which are in mixed, liquid form, are much easier to metabolize. In fact, these delicious smoothies are so bio-available that their nutrients start to be absorbed by the body even when the smoothies are still in your mouth! 6. IMPROVEMENT OF DIGESTION. Today, the Standard American Diet (SAD) has created numerous digestive problems such as heartburn, acid reflux, colitis, Crohn's disease and irritable bowel syndrome (IBS), just to name a few. The root of most digestive problems is low hydrochloric acid produced during digestion, most of the food we eat passes through the digestive tract largely undilected, creating gas, bloating and other digestive disorders. After the failure to detect food is established as plaque on the intestinal lining, it sets the stage of the disease. Processed foods, excessive gluten and protein, fried foods and other unhealthy fats are the main causes of these digestive problems. Since the green smoothies mix thoroughly, most of the work you usually need to do is already done by your digestive system. Your body can then more easily extract the nutrients needed for optimal health. 7. Hydration: Staying hydrated gives you energy and helps ensure that your brain, muscles, digestive system and immune system work properly. Being dehydrated can be very dangerous. Drinking soda or coffee, eating processed foods and smoking cigarettes all dehydate the body. The best way to tell if you're hydrated enough is to check the color of your urine. If it is very pale, yellow or transparent, then you are properly hydrated. You don't want it to be a strong yellow color. It's easy to forget drinking water during the day because of our busy, resoorcumable life. Many people do not like the taste of water, simply add to the freshly squeezed lemon juice. Green smoothies allow you to rehydrate your body due to their high water content. 8. JUST DELICIOUS. The sweet taste of the fruit in the smoothie compensates for the taste of greenery, making for delicious and filling food or snacks. A lot of people who turn their noses on the green stripes when they first see them become hooked after they taste them! Even children love taste. 9. EASY TO DO. The cooking time is five minutes or less, and cleaning is also guick and easy. If you put all you'll need to do in the morning is throw them in a blender the next morning. Once the mixing is complete, you simply rins the blender and it is ready for the dishwasher. Storage, mixing and cleaning really only take five minutes a day. 10. UNLIMITED NUMBER OF RECIPES. There are more than a hundred green smoothie recipes in this 14 book and more you can experiment with. This means that taste buds will never have to get bored. There are so many possible fruits, greens and liquid combinations that you can literally have different recipes for each day of the year. I keep my favorite recipes on index cards so I can use them over again. I could go on and on about the numerous health benefits of green smoothies, but you'll learn more about them as we get through this book. When you try them, you will soon discover the wonderful health benefits. What greens and why? Here is a list of the most popular greens to use in green stripes. Keep in mind that they are in alphabetical order, not necessarily in the order of the most nutritious. Arugula is a great source of folic acid as well as vitamins A, C and K, and provides a boost to bone and brain health. It has a lightning, peppery taste. Beetroot greens: beetroot greens are leafy tops of beetroot greens. Bok Choi: Bock choi Chinese cabbage, which is soft tasting and crunchy. It is full of vitamins A, C and calcium, as well as antioxidants. Chard is a green leafy vegetable that displays red stems, deciduous veins and stems. It has a beetroot similar to taste and soft texture. It is known to help prevent cancer and is good for cleaning up the digestive system. Collard Greens: Collards are green leafy vegetables that are nutritionally similar to kale but chewy and with a much stronger flavour. They are an excellent remedy for binding bile acids throughout the digestive tract, making them very good at lowering cholesterol levels. Dandelion Greens: Dandelion Greens look like rinsing on your lawn, but they are another great source of vitamins A and K. They help the digestion process and can help constipate issues because they are natural laxative. Kale: Kale is lightweight with corrugated leaf edges. It is loaded with vitamins A, C, K and in many ways. It is known for reducing the risks associated with the development of prostate, ovarian, breast, colon and bladder cancers. Salad: Salad has been a popular staple in salads since the ancient Egyptians. Contains essential amino acids and vitamins. Be sure to eat salads with dark green leaves to get the highest nutritional value. Romaine salad, in particular, has high levels of vitamin C, K and A and is a good source of folic acid. Mustard Greens: Spicy mustard greens are effective in lowering cholesterol and provide a healthy dose of riboflavin, niacin, magnesium and iron. They are a repository of phytonutrients that have many disease-preventative properties. Parsley: Parsley is rich in antioxidants, minerals, vitamins and fiber and is known to help lower blood sugar levels. Spinach: Perhaps the most beloved green vegetable of them all, spinach soft tasting and and as bitter as other greens. Its dark green leaves really pack a punch with high levels of omega-3s, calcium, magnesium, and vitamins A, C, E and K. When most people start drinking greens, albeit a little bitter, are very fragrant. Turnip greens are effective in providing many numerous health benefits, but they stand out among the other 15 leafy veg in their ability to fight the development of cancer cells. Softer tasting greens: baby bok choy butter salad carrots top green Kale Romain salad spinach Swiss charda Stronger tasting Greens: Rukola Collard greens dandelion greens mustard greens Radish tops Sorrell Ripa greens Watercress How does mixing different from juiciness? Juices and smoothies both have their health benefits, but I feel that in most cases mixing provides a wider range of benefits than juiciness. Smoothies have more fiber, fill you better, and are less expensive and less timeconsuming to make. Smoothies contain entire products with loads of fiber. When juicy, the softness is that the lack of fiber provides easy absorption of nutrients directly into the bloodstream with little digestion required, and this allows the digestive system and the body to heal. But fiber is crucial to slowing the passage of food through the stomach, and this keeps sugars from entering the bloodstream too guickly. This helps to regulate blood sugar and AIDS levels in weight control. Consuming greenery in your smoothie helps balance your blood sugar, and high in fiber greens helps slow the digestion of carbohydrates. Smoothies fill more than juices, leaving us full and satisfied and less likely to overeat during the day. This is great news for those wishing to lose weight. It's very easy to replace food in a smoothie, and many do so for breakfast every day. Smoothies are cheaper because it takes less fruit and vegetables to make smoothies than it does to make a glass of juice of the same size. When we drink green smoothies, we fill up longer, so it also prevents us from buying a lot of other food during the day. Mixing happens faster than juicy, and after that is easier to clean. To make juice, all fruits and vegetables should be chopped small enough to fit into a juicer and then process one piece at a time. 16 To make smoothies, fruits and vegetables can go into a blender right away. In addition, the juicer must be disassembly to clean and then put back together, which requires a lot of time and cleaning. Blenders simply require rinsing, without parts for disassembly. It's also easy to add superfoods, such as poppy or acai berries, to blenders as they will be mixed through very evenly. Protein Myth smoothies that 40 percent of greens are an excellent source of protein. Greens provide protein in the form of amino acids, building blocks of protein. They are easier for the body to use than complex proteins like those found in meat and other animal products. Greens supply a large number of amino acids that provide us with all the protein we need. When one eats foods that contain proteins, the digestive system must break down the proteins into individual amino acids in order for the body to use them. Proteins found in animal products are extremely difficult to digest, and after cooking, they are even harder for the body to break down and use. The body expends so much energy by breaking these proteins into amino acids that much of their nutritional value is given invaluable to the body. If you feel you need extra protein through a heavy workout, feel free to add protein powder to your blender to add to the green smoothie. 17 Chapter 3 Are you preparing for one of the greatest challenges of your life? The 10-day Green Smoothie Cleanse will challenge you spiritually, mentally and physically. It will transform your life in so many positive ways. You learn so much about yourself and your eating habits. You will also learn to have a better relationship with food. The only way to achieve a healthy relationship with food is to learn to have a better relationship with food. body loves you back: it nourishes you, nourishes you, and maintains your optimum health and viability. During the 10-day cleansing of the green smoothie, you will be giving your body healthy, nutrient-rich foods that make you feel alive! Know that there will be times when you feel frustrated or feel like giving up, but if you stick to it, your body will reward you for your efforts. You will be truly impressed with the results! The first four days will be the most difficult part of your experience. As your body adjusts from getting calories from whole foods to mixed, nutrient-rich green smoothies, it will first crave what you're used to eating. This is normal, so let your body adjust for the first four days, even if you may feel uncomfortable at times. After the first few days your body will be gin to feel energized and healthy, perhaps for the first time in years. Since you only eat mixed foods (green smoothies), raw fruits and vegetables, and raw spotless nuts and seeds, you digestive system should do less work. This gives your body a chance to cleanse, heal and do some necessary repair work. What to include in the green smoothie For the 10-day Green Smoothie Cleanse, the only acceptable products to add to the strip are green leafy vegetables, fruits and water. Anywhere don't add any starchy vegetables such as sweet potatoes, potatoes, potatoes, potatoes, potatoes, potatoes, carrots or any other vegetables that are not leafy greens. while it digests other foods that are there. The fruit will begin to ferment, causing gas and bloating. To avoid this, during a 10-day cleaning, add green leafy vegetables as they provide chlorophyll and other important nutrients. Some examples of dark. leafy greens - cabbage. charda. spinach, baby salad greens, arugula, romaine salad, dandelion greens, beetroot greens and collard greens. Organic products are excellent and important to use during cleaning. If you can't find organic fruits and vegetables, rinse off the pesticides and wax as best as possible. Wax is quite difficult to remove; In fact, they generally can't be removed by simply washing them. You need to buy special detergent food from the health food of 18 stores. Be sure to rinse the products after you have cleaned the wax. It is also possible to reduce the toxic content of fruits and vegetables by dipping and brushing them in a dice by 10 percent white vinegar and then rinsing them with water. It is important to use spring or purified water in green strips. Another option and better hydration. Tap water is not recommended. Preparing for day 1 Before you start, it's important to mentally prepare for your new journey. Every day remind yourself of the wonderful benefits of a 10-day cleanup. Tell yourself that you can do this and look forward to improving your energy and health in ways you never thought possible. Start each morning by drinking a few glasses of water to replenish what was lost overnight. Watch out for a cup of detox tea that will provide cleansing support for your liver and kidneys. Feel free to add stevia, a natural sweetener, to detox tea to enhance the taste. It is very important to drink a lot of water every day during cleaning. Staying hydrated will help your body err toxins, which it releases during the cleaning process. Frequent urination and bowel extraction should be expected within the first few days of 10-day cleaning. Take measurements (bust, waist and hips), and record those numbers along with the date. Some people will lose more weight while others will lose more inches, so you want to measure both! Most of you (80%) will lose 10 to 15 pounds in 10 days at full purification. Next, find out the whole body and face with a close-up screen. This will allow you to see the physical changes that are occurring. Many times you will see a big difference in the whites of your eyes, along with less dark circles and plumpness. Thus, you control your progress not only by weight at scale, but by how you look and feel overall. It's about health. So you want to monitor your energy, digestion, moods, mental clarity and radiance of your skin! Get both health benefits and weight loss! Don't let scale become your enemy. Remember, weight loss can be up and down during a detox. But in the end you still lose. Shopping list I recommend buying fruits and vegetables for five days at a time, so expect to shop twice during ten-day cleansing. Here you will see two lists one for the first five days and the other for the last five days of cleaning. These lists suggest that you will follow the ten official Green Smoothie Cleanse recipes found in Chapter 4. Їжа за перші п'ять днів 6 яблук 1 пучок винограду 20 унцій заморожені персики 19 20 унцій заморожена чорниця 15 унцій заморожена полуниця 10 унцій заморожені змішані ягоди 6 унцій шматків манго 3 банани 1 пучок капусти 20 унцій шпинату 20 унцій весняної суміші зелені Стевія підсолоджувач (пакети) Мішок мелених лин (часто в вітамінному розділі) Фрукти і вегативи на ваш вибір, щоб мунк на (наприклад, яблука, морква, селера і т.д.) Сирий або несолоний горіхи і насіння, щоб перекусити на детокс-чаї (від брендів Triple Leaf або Yogi) Морська сіль (або будь-яка неодизована морська сіль) НЕОБОВ'ЯЗКОВО: Немолочний / рослинний білковий порошок, такий як RAW Protein by Garden of Life або SunWarrior protein Food за останні п'ять днів 20 унцій заморожених шматків манго 20 унцій заморожених персиків 20 унцій заморожені шматки ананаса 10 унцій заморожена полуниця 2 яблука 5 бананів 1 пучок капуста 20 унцій шпинат 20 унцій весняна суміш зелені Фрукти і овочі на Your choice to munch on (e.g. apples, carrots, celery, etc.) raw or unbaked nuts and seeds to snack on is a 20 Chapter 4 how to make a 10-day green smoothie is a really health-transforming experience. You can do a complete cleansing or altered cleaning. Complete cleaning consists of three smoothies, snacks and water/tea for all ten days. This will provide the most health and weight loss benefits, with an expected weight loss of two green smoothies (one for breakfast and one for lunch), with one healthy meal for dinner, snacks and water/tea One healthy meal a day can consist of lettuce, dried vegetables, fish or chicken (grilled or baked). Modified cleaning is a good plan with huge health benefits from nutrient-rich smoothies. Losing weight may not be that dramatic, but you can expect to still lose five to ten pounds in ten days, cleaning has been designed for those who do not want or are unable to observe a complete clean-up for ten days. It's also great under for those who don't want to gradually ease the cleanup, this is a great option. To clean you will avoid refined sugar, meat, milk, cheese. liguor, beer, coffee, soda/diet sodas, processed foods, fried foods and refined carbohydrates (white bread, pasta, doughnuts, etc.) for all ten days. Complete cleaning resume 1. DRINK SMOOTHIE: Drink three green smoothies every day; The room was guite big and comfortable. You can also sip in the lane during the day as you are hungry. It's important to drink smoothies or eat a snack every three to four hours so your metabolism recovers. Each smoothie must contain between 12 and 16 ounces of liquid. 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. 2. EAT SNACKS: You can snack on apples, celery, carrots, cucumbers and other crunchy vegetative currents that appeal to you throughout the day. Other high-protein snacks include unsweetened peanut butter, boiled eggs, and raw or unsweetened nuts and seeds (handful only). 3. DRINK WATER AND DETOX TEA: Drink at least eight glasses of water (64 ounces) a day, and drink detox or herbal teas at will, Drink detoxification processes by cleaning detoxification organs of the kidneys, liver, skin, etc. 4, KEEP BOWELS MOVING; Follow one of two colon cleansing techniques to make sure you have one to three bowel movements a day during a detox. (See chapter 5.) 5. DO NOT EAT refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar, meat, milk, cheese, liquor, beer, coffee, soda/diet sodas, processed foods, fried foods, refined sugar meal: Drink two green smoothies every day for breakfast and lunch, and eat one healthy meal for dinner. One healthy meal can consist of salad, dried vegetables, and fish or chicken (fried or baked). Any two meals can be used for green smoothies, as long as you only have one healthy meal a day. Each smoothie must contain between 12 and 16 ounces of liquid. 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, 2, EAT SNACKS; You can snack on apples, celery, carrots, cucumbers and other crunchy vegetative currents that appeal to you throughout the day. Other high-protein snacks include unsweetened peanut butter, boiled eggs, and raw or unsweetened nuts and seeds (handful only). 3. DRINK WATER AND DETOX TEA: Drink at least eight glasses of water (64 ounces) a day, and drink detox or herbal teas at will. Drink detox tea first every morning as it helps the detoxification process by cleaning kidneys, liver, skin, etc. 4, KEEP YOUR INTESTINES MOVING; Perform one of two methods for the colon to make sure you have one to three bowels a day during a detox. (See chapter 5.) 5, DO NOT EAT refined sugar, red meat, milk, cheese, liquor, beer, coffee, soda/diet sodas. processed foods, fried foods, refined carbohydrates (white bread, pasta, doughnuts, etc.) 10 days of recipes for ten days of green smoothie cleaning. You'll have all the ingredients at hand if you use the grocery store list in Chapter 3. Use one recipe a day, as it will do enough for a full day s worth a smoothie. Be careful, degrade from recipes too much until after detox, get creative, add variety, and keep losing weight and health! Uncut ingredients are about 72 ounces. After mixing, they mix from about 36 to 48 ounces, depending on the size of the blender and the amount of water. Divide the total by a third and drink each serving three to four hours apart or sip in a smoothie during the day when you're feeling hungry. If you don't feel like drinking all day s worth a smoothie, then drinking at least two of them under 22 ensure your body fuel (smoothies or snacks) every three to four hours. IMPORTANT NOTE: If you have a full-size blender like that, the whole recipe can go into a blender at a time as it easily holds 72 ounces of ingredients. However, if you have a smaller blender like nutribullet or something like that, they only hold about 32 ounces, so you may need to split the recipe in half and mix twice to avoid spills. DAY 1: Berry green 3 handfuls spinach 2 cup water 1 cup frozen strawberries 1 handful frozen or fresh grain-free grapes 1 packet stevia (add even to the sweetener, If necessary) 2 tablespoons ground moneylender OPTIONAL: 1 spoon of protein powder Place the leafy greens and water in a blender and add the remaining ingredients. Mix until creamy, DAY 2: Apple strawberries 3 handful spring green mixture 2 cup water 1 banana, peeled 2 apples, beveled, guarter 1 1/2 cup frozen strawberries 2 stevia packets (add more to sweeten, if necessary) 2 tablespoons ground fever OPTIONAL: 1 spoonful of protein powder Leafy greens and water in a blender and mix to the mixture Stop the blender and add the remaining ingredients. Mix until creamy. DAY 3: Apple 1 1 spring mix greens 2 handfuls spinach 2 cups water 11/2 cup frozen blueberries 1 banana, peeled 1 apple, beveled and a guarter 1 packet of stevia 2 tablespoons ground usury OPTIONAL: 1 spoon of protein powder Place the leafy greens and water in a blender and mix until the mixture is a green juicer. Stop the blender and add the remaining ingredients. Mix until creamy. DAY 4: Peach berry 2 handful spinach 2 cups water 2 apples, Beveled, guarter 11/2 cup frozen mixed berries 2 packets stevia 2 tbsp ground fever OPTIONAL: 1 spoonful of protein powder Place the leafy greens and water in a blender and mix until the mixture is green. Stop the blender and add the remaining ingredients. Mix until creamy. DAY 5: Peach berry spinach 2 cups water 1 cup frozen peaches 1 handful fresh or frozen grain-free grapes 11/2 cup blueberries 3 packets stevia. to sweeten 2 tablespoons of ground evil OPTIONAL: 1 spoonful of protein powder Place the spinach and water in a blender and mix until the mixture is a green juicer. Stop the blender and add the remaining ingredients. Mix until creamy. DAY 6: Pineapple Spinach 2 cups fresh spinach, packed 1 cup pineapple pieces 2 cups frozen peaches 2 bananas, peeled 11/2 packets stevia 2 cups water 2 tablespoons ground evil OPTIONAL: 1 spoonful of protein powder Place the spinach and mix until the mixture is green juice Stop the blender and add the remaining ingredients. Mix until creamy. Day 7: Pineapple Berry 2 handfuls spring blend greens 2 handfuls spinach 1 banana, peeled 1 1/2 cup pineapple chunks 25 11/2 cup frozen mixed berries 3 packets stevia 2 cups water 2 tablespoons ground evild hair OPTIONAL: 1 spoon of protein powder Place the leafy greens and water in the blender and mix until until the mixture becomes a green juicer. Stop the blender and add the remaining ingredients. Mix until creamy. DAY 8: Spinach 2 cups water 1 apple, beveled, guarter 1 banana, peeled 11/2 cup frozen blueberries 2 packets of stevia 2 tablespoons ground fever OPTIONAL: 1 spoon of protein powder Place the leafy greens and water in a blender and mix until the mixture is green juice. Stop the blender and add the remaining ingredients. Mix until creamy. DAY 9: Mango apple 3 handfuls spinach 2 cups water 1 apple, adjusted, guarter 11/2 cup mango 2 cup frozen strawberries 26 1 packet stevia 2 tbsp ground evil OPTIONAL: 1 spoon of protein powder Place the spinach and water in a blender and mix until will become a green juicer. Stop the blender and mix until will become a green juicer. Stop the blender and mix until will become a green juicer. 2 cup water 11/2 cup frozen peaches 2 handfuls pineapple pieces 2 packets 2 tablespoons ground dashes OPTIONAL: 1 tablespoon protein powder Place the leafy greens and water in a blender and mix until the mixture is a green juicer consistency. Stop the blender and add the remaining ingredients. Mix until creamy 27 Section 5 JJ s Personal Tips for Success Here are some tips to help you be successful! Join our Facebook group. Getting support, encouragement, and advice from me and others in blender size will make a difference. Use a high-speed blender (about 1000W), such as Vitamix, Blendtec or Nutribullet. Use a highspeed blender to only mix for 30 seconds to one minute until your smoothie is creamy and smooth. However, if you have a regular blender, then plan to double the mixing time to one to two minutes. Add the protein to the shake. An additional protein is optional for this cleanup, so you'll see it in the list as optional. However, as a nutritionist, I recommend adding one scoop of protein a day because it will help you feel full longer and your metabolism has recovered. The protein to see if it's nice to you. As you avoid dairy products (cow's milk) during cleaning, make sure you use non-dairy, vegetable protein powder, which is made from cow's milk. My favorite brands are RAW Protein Garden Life, Sunwarrior's Protein Mix, or Rainbow Light's Acai Berry Blast Protein Energizer. However, there are other guality options as well. Other large sources of protein include boiled eggs, raw or unsalted nuts and seeds, especially chia seeds or flaxseeds, and unsweeted peanut butter. Stir the smoothies. Try to go through chewing motion as much as possible, as the saliva in the mouth begins the digestion process. So, as much as you remember, try chewing your smoothie. It will also help minimize gas and bloating. Expect your weight to fluctuate. During a detox you can lose weight. That's perfectly normal. Weight fluctuates through three things in the body: muscle, fat, and water. Muscle weighs the most that s, why you can work and build muscle and thereby gain weight. But you actually make progress by building muscle because it will help you burn fat during the day. For women, water is the biggest culprit, thanks to our hormones. Many of us gain five to ten pounds of water weight during our cycle. For some, excess salt/sodium causes water to fall into a trap under tissues in the body, causing us to weigh more and look bloat and plump! So don't sweat if weight loss is slightly up and down. When it comes up every week, week after week, then you know you have a problem! Also, look at getting a Tanita scale it will tell you your weight and muscles, fat and water in the body. This is useful for people who work 28 out! Remove the stems from the greenery. Many greens, such as kale, collards, etc., come packed without stems, but if not, don't forget destem stems from all the green flows, as they change the taste quite a bit. I love buying my greens already destemmed. Turn the greens. All greenery has certain types of alkaloids in them. Now these alkaloids are in very small, intact volumes, but if you're constantly taking in one type of green week after week, you can get a build-up of this type of alkaloid and suffer serious health problems. The easiest way to avoid this is to turn the greens. One week, buy spinach, next week, cabbage, next week, romaine salad. Or you can buy two different greens next week. The goal is to bring back different greens in the strip every week. There are many green leaf currents to choose from. Use ripe fruit. Ripe fruit is more absorbed through the living enzymes in it. If you buy it less ripe, let it ripen before using it in a blender. Use frozen fruit. Freel free to use frozen fruit instead of fresh fruit. Frozen fruit is cheaper and has as much, if not more, nutritional value of fresh fruit. Also, fresh fruit can go bad for days, but you don't know this problem with frozen fruit. Add ice. If all your fruit is fresh, use ice instead of water to make sure the smoothies are cold. Make it taste good. Recipes can be slightly changed to taste. So feel free to add more ice or water if your smoothie is too thick for your liking. Also feel free to add more stevia to sweeten, if necessary. Stevia is a natural herbal sweetener that will not cause spikes in blood sugar. You can also add more fruit to sweeten. It's important that the smoothie tastes good for you, so you'll continue with the cleansing. Drink plenty of water. Ideally drink 64 ounces a day, as this helps to pout toxins. If you drink enough water, you will often be urinating when you start this detox, which is normal and good! Drink herbal teas help you feel less hungry, they can also help in the detoxification process. Good herbal teas for inclusion are chamomile, mint, green tea, dandelion root, ginger, thistle, sarsaparilla and zhenshen. However, my favorite brand designed specifically for cleaning is detox tea from the Triple Leaf and Yogi brands. Be sure to add stevia to taste. Diabetics, use fruits low in sugar! People with diabetes dos closely monitor sugar consumption with each Food. Of greatest concern to diabetics is the natural sugar content in green smoothies. Diabetics or those suffering from candida are advised to use only low-oxygen fruits such as apples, apples, lemons, limes, cherries, strawberries, cranberries, raspberries, goji berries and blueberries. Moderatesugar fruits include peaches, oranges, pears, apples, pomegranates and plums. Fruits high in sugar are apricots, melons, kiwis, mangoes, papayas, pineapples, bananas, dates, figs, raisins and grapes. Make sure to monitor your blood sugar throughout the day to see that the numbers are stable! And, of course, get the doctor's permission before proceeding to clean up. Clear.

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