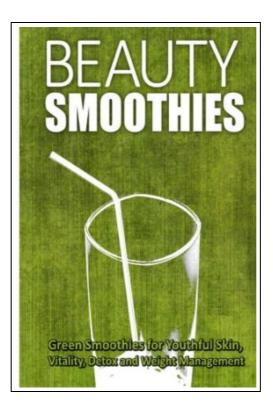
# Beauty Smoothies: Green Smoothies for Youthful Skin, Vitality, Detox and Weight Management (Paperback)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Beauty Smoothies -Green Smoothies for Youthful Skin, Vitality, Detox and Weight Management Everyone knows that the food people eat will directly affect their weight. It s pretty obvious, right? If you eat highly processed food, you gain weight. If you eat all natural healthy food, you lose weight and live a healthy life. It also gives your body the needed vitality to keep you strong in the face of life s stressful conditions. The next question is can the food you eat give you youthful skin and help you detoxify? Now, that s an interesting proposition. Well, here s another question that may have tickled your fancy - can the food we eat affect our mood? Thanks for checking out the Beauty Smoothies recipe book. Inside, you will find many delicious meal-replacement smoothies for detox, weight management, energy and younger looking skin.

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