



1 Week Smoothie Cleanse / Detoxification: Cleanse Your Body In 7 Days (Therapy and Treatments Book 3)

Steven J Smith

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1 Week Smoothie Cleanse / Detoxification

Cleansing your body with smoothies is probably one of the easiest and tastiest ways to detox, lose weight and heal the body. Smoothies are wonderful and healthy as long as you follow the basic rule – half of the ingredients should be comprised of veggies and the other half (or less), are fruits. In cleansing, the less sweet it is, the more effective it is. Even if fruits are generally considered healthy, it still contains sugar that is not recommended for people who have health problems such as diabetes or candida.

1-Week Smoothie Cleanse has three phases: the Cleansing Phase (3 days), and the Nutrition Infusion phase (3 days), and the Transition phase (1-2 days).

This first phase aims to cleanse the body in the most efficient way by adding ingredients to the smoothie that have a natural diuretic effect. The more you cleanse the digestive tract, the more efficiently the body will absorb much needed nutrients.

Don't miss this chance to get your life back on track and become a positive person!

The second phase aims to bombard the cleansed body with various healthy food for optimum absorption of nutrients. Included in the recipes are alkaline smoothies which will help balance the body's pH levels and get rid of issues such as stomach problems and acid reflux.

The third phase prepares the body as it transitions back into solid food, experimenting more on recipes that resemble regular table food but in a healthier version. Add in bits of seeds and nuts for garnish.

Don't lose any more time...

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