



# **Amazing Smoothies: 20 Cleanse Smoothie Recipes to Help You Detox, Lose Weight and Feel Great! (Weight Control Guide)**

*Tiffany Brook*

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## **Amazing Smoothies: 20 Cleanse Smoothie Recipes to Help You Detox, Lose Weight and Feel Great! (Weight Control Guide)** Tiffany Brook

Smoothies are wonderful, to put it in simplest terms. You can make them at home, at your own convenience. They can consist of yummy fruits and vegetables, and even protein powders that can boost your overall morale. They are something everyone can enjoy and benefit from! While reading this book, you'll see just how many smoothies can be made that cater to one's needs. Heart issues and blood pressure to eye health and brain functions, smoothies can help. Whether you don't like your hair or if you're having stomach issues, a smoothie is waiting to be made to help you. The great part about smoothies is, you can make them to your liking without them losing their effect. What are you waiting for? You'll learn all you need to know about the ingredients and preparation of these delicious smoothies and much more. There are many factors to smoothies that are waiting for you to use them! Read this book if you're interested in feeling and thinking better!

## **Inside You Will Learn:**

- What detox is
- What cleaning is
- How to keep your health in good condition
- What you can add to smoothies to help you lose weight
- Twenty smoothie recipes and why their ingredients are beneficial

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