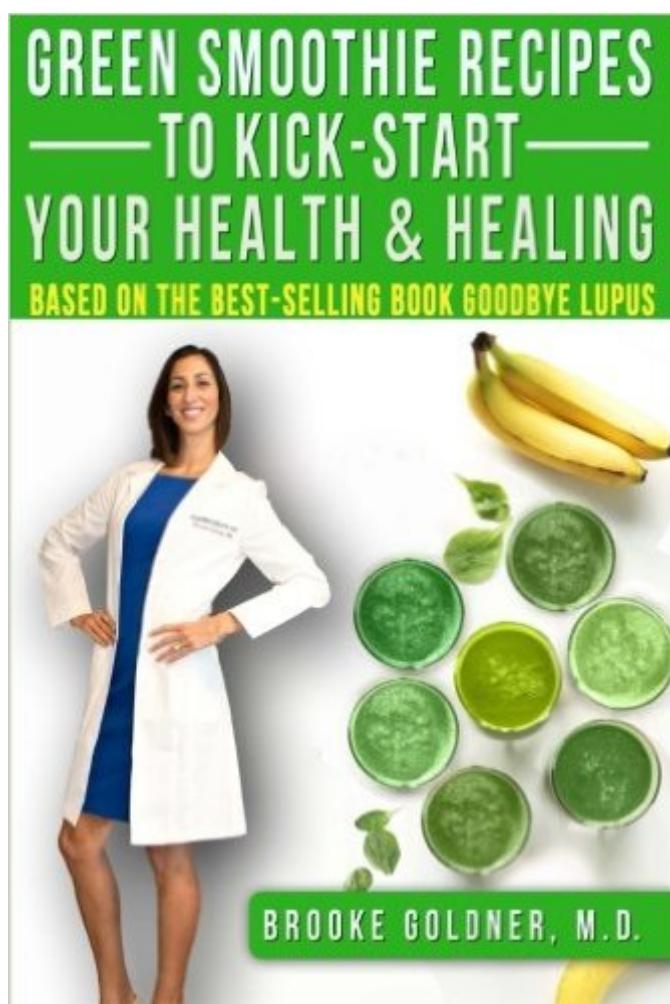


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# Green Smoothie Recipes To Kick-Start Your Health And Healing: Based On The Best-Selling Book Goodbye Lupus



## Synopsis

Brooke Goldner, M.D., Best-Selling Author of Goodbye Lupus, shares 24 of her favorite green smoothie recipes that she prescribes her patients when helping them heal their bodies. Brooke Goldner, M.D. is a board certified physician known world-wide for being a medical doctor who has developed a nutrition-based treatment for her own autoimmune disease, Lupus using supermarket foods. Prior to her discovery, Dr. G had serious illness and had 11 years of medical treatments with high dose steroids and chemotherapy. Using nutrition alone, she has been completely healthy and requiring no medications for 10 years. Her nutrition program not only helps Lupus, but a myriad of other chronic health conditions. Dr. Goldner prescribes a diet that focuses on nourishing your cells, and these recipes are an important part of her program.

## Book Information

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## Customer Reviews

I was disappointed when I received this pamphlet (it is not a book) for nearly \$10. There are 25 pages of smoothie recipes and the pages feel like you printed it at home. That said, the recipes are ok. I would pay a few more dollars and get an actual smoothie book, like Simple Green Smoothies with over 150 recipes rather than 24.

If you want to start incorporating more fruits and vegetables in your diet to help your body, you have to start somewhere. If you are like me, you have no clue where to start except that I DON'T (or didn't) want to have to eat spinach or kale. Yuck! Right?! But it's good for you. So, I actually had a chance to meet the author and medical doctor of this book. She is accepting new patients and can

be reached on her website. Google her. She has written this book to make it simple for vegetable lovers, haters, 'excuse-givers' to consume a healthy serving of vegetables and fruits each day. I personally find I benefit most when I include 3 smoothies a day into my diet, that's me. So, where am I going with this? These are simple and quick recipes that will start you on the journey of understanding how making smoothies are done, healthy ones. I am not talking about the ones that claim to be healthy but are really making you sick long term. Once you start with some of these basic recipes, you can switch them up however you like. Have fun with it. Make substitutions for different fruits and switch out spinach for kale or turnips, etc. This is a **GUIDELINE** (or *Green Smoothies for Dummies - ME*) that will help you learn how to create your own. The other reviewer stated that there was too much fruit in the recipes.. WELL< HELLO!! just substitute more spinach and less fruit or other healthy green leaf vegetable. This can and will change your life day by day if you apply small changes and learn how to give your body the vitamins and nutrients it needs to live, heal, and thrive. It's a choice, and this book makes it easy to incorporate healthier choices into your lifestyle of fueling your body.

This book is amazing. Oh, and by the way, fruit has a **LOT** of nutrients and vitamins in them. They are a necessary for vitality. If you want a book that gives simple, delicious, nutritious, quick recipes that children and husband's will love, give this book a try. This book also helps you gain a basic understanding of how to create your own, personalized smoothies. For instance, if you don't like avocados, use bananas. If you don't like one fruit use another of similar texture and sweetness. Getting an equal serving of fruits and veggies in these recipes is what makes them give the body a fully loaded dose of nutrients per smoothie, give the digestive system a variety of healthy, natural fiber it needs to function properly, and helps other organs operate on a lower operational demand level. By assisting the digestion system and other organs in this manner, it prevents them from overworking and allows them to work most efficiently. These recipes are a guideline for beginners, like myself. Once you gain experience from trying one recipe after the other, you'll understand what you like best and how **YOUR** body responds to each recipe. Then you can create your own smoothies using this book as a guideline and start seeing drastic improvements in your own because of your own personalized smoothies. Everything starts somewhere, and everyone needs something to start with. This is a great place to start.

This book is an easy fast read. Although the information is pretty basic, it has helped me tremendously to start a new eating plan and after just a few weeks I can already see and feel a

difference. Going to keep going with it! It helps to read about someone else's journey with Lupus and how much diet can help and makes me feel hopeful.

I was very disappointed. It could not have taken more than a day to compile this recipe list. No nutritional information. No indication of the different benefits each smoothie might confer. If it wasn't such a hassle, I would have returned this for a refund.

Very helpful in changing diet for wife's problems.

Recipes only. No answers. You might want to try her other book if looking for regimen.

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