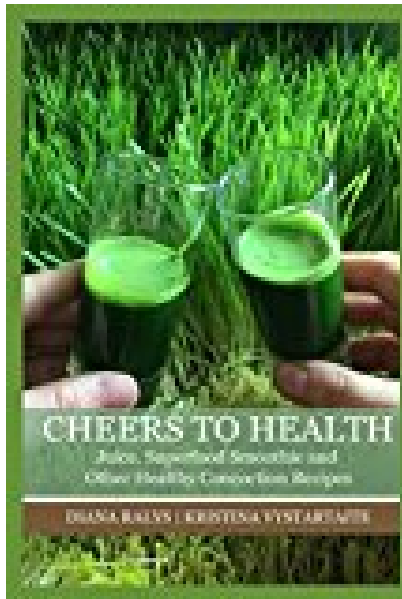


Cheers to Health Juice Super-Food Smoothie and Other Healthy Concoction Recipes



BOOK DETAILS

- Author : Diana Ralys Kristina Vystartaite
- Pages : 77 Pages
- Publisher : Independently published
- Language : English
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BOOK SYNOPSIS

Diana Ralys Bestseller of Your Health is Your Beauty and her daughter Kristina Vystartaite share recipes of juices and super food smoothies and other healthy concoctions. The recipes that keep them healthy, happy and so energetic, that people around them wonder how its possible. This is not your typical mother-daughter relationship. We work together at the Diana Ralys Skin Health Spa and have the same passion for whole-istic health. In this book you will find recipes that were created by both of us. As well, we will give you tips and tricks how to get the maximum nutrients into your daily diet. This is not a fad diet, or a quick fix. You are embarking on a journey for better health. Our suggestion is dont ever deprive yourself and dont try to make too many changes all at once. When you start out, it is much more inviting to add a glass of juice and a smoothie here and there, rather than to eliminate meals and try to be a superhero. Remember, the best plan is the one you actually do. This is where most diets fail. You drop your daily routine overnight and try something completely out of the ordinary. All of sudden, you find yourself feeling discouraged. Our mission is to get this information to as many people as we can. It would be selfish to keep it just to ourselves. Throughout our experience we have seen such a great boost in energy, clearer mind and so many other life changing benefits. Share this with your friends and family. Your job is easy, just follow recipes in this book and enjoy the benefits! IMPORTANT! Side effects may include: never getting sick, weight loss, endless energy, addiction to superfoods, absence of headaches, creativity overload, and expanding your lifespan by multiple years. Now you were warned.

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