



Juicing and Smoothie Compendium: Tips, Tricks and Recipes You Wish You Knew (Healthy Diets For Weight Loss Series)

Amy Nyhan

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My Secrets for Super Simple Healthy Living

Every food on the planet has come under fire for one thing or another - with the notable exception of fruit and vegetables. They're incredible sources of vitamin C (which is important to keep skin, bones and blood vessels healthy), beta-carotene (which is important in helping your body defend against infection), dietary fibre (which is important in keeping a healthy bowel), and much, much more. Nobody on the planet with a shred of common sense could argue against these wonderful foods!

The problem is... it's pretty hard finding time to squeeze in those recommended 6-8 servings every day. And what if eating vegetables isn't something that you particularly enjoy?

That's where juices, smoothies, and this guide come in. I've been juicing and blending for over ten years, and am a firm believer that it can transform your life. How so?

You can **easily get your daily intake of fruit and veg** without ever feeling bloated.

You can **absorb nutrients far more effectively** and quickly, with less digestion.

You can **supercharge your immune system**, and give your skin a fabulous, healthy glow.

You can **easily lose weight!**

I could keep going...

The Juicing and Smoothie Compendium is Your One-Stop Solution

Delicious recipes. These are some of my favourites. **Beautiful, nutritionally rich, and tasty.**

Are you excited yet? If so, scroll up and **grab your copy right now!**

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