



# Weight loss: Green smoothie you ultimate solution for weight loss and healthy living

*Margie Casey*

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## **Why you need green smoothie blueprint?**

**If you are having one of the health problem listed bellow, than you body is screaming for detoxification.**

- **White or yellow-coated ton and/or bad breath**
- **Fluid retention and/or congested sinuses**
- **Increased belly or visceral fat**
- **Cravings and/or blood sugar issues**
- **Gallbladder issues or you had it removed**
- **Abdominal bloating**
- **Overheating/excess sweating**
- **Weight loss resistance**
- **Acne, rosacea, itchy skin**
- **Fatigue unrelieved- by more sleep, especially in the morning**
- **Moodiness**
- **Autoimmunity**
- **Chemical sensitivity – you're a lightweight when you drink alcohol or smelling fragrances makes you anxious**
- **Insomnia – especially early morning awakenings such as 1-4 a.m.**
- **Cravings**
- **Feeling Depressed**
- **Sexual Dysfunction**
- **Unexplained Headaches**

**Only way to get rid of all this health issue is developing a healthy life style and eating healthy (*eating healthy does not mean staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your outlook, and stabilizing your mood and go towards mother nature with raw fruit and vegetables* )the solution is green smoothie which will not only make you full for day but help you get your life back. And I can guaranteed you after green smoothie diet plan you will fill more**

- **Clearer sinuses**
- **Weight loss**
- **Clearer skin**
- **More energy**
- **Regular bowel movements**
- **Mental Clarity**
- **Emotional stability / eliminated depression**
- **Sexually active**

### **What you will learn from this book.**

- **What is the difference between sugary fruit drinks and green smoothie? li>Why green smoothie is healthy and solution for the entire problem listed above.**
- **Science behind green smoothie and smoothie cleanse.**
- **How smoothie will improve your health and from that your life.**
- **What is detox process and how to use to get rapid weight loss?**
- **How you can adopt your body and life for green smoothie to rip all the benefits from it.**
- **I will give you a plan to achieve your weight loss results.**
- **I give you a plan to ease into the Diet and how to make it work for you.**
- **Not every plan is right for every person. I teach you how to tailor the program to work for your needs.**
- **Finally, I will teach you how to make the perfect Green Smoothie**
- **What equipment to use and even some money saving tips.**
- **we will go into all the different ingredients you can add to your smoothies**

- **I will explain how adding different ingredient can boost your weight loss.**

**Lastly, I know not everyone is going to want to drink Green Smoothies every day for the rest of their lives. I teach you how to maintain the long-term results of all your hard work. You don't have to drink Green Smoothies three times a day every day to keep up the benefits. I will explain what you do have to do to keep yourself on *theright track to a healthy life*.**

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