



# Green Smoothies Diet: The Natural Program for Extraordinary Health

*Robyn Openshaw*

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**Green Smoothies Diet: The Natural Program for Extraordinary Health** Robyn Openshaw  
**CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS**

Looking for a quick, flavorful and nutritious way to stay youthful and healthy? *The Green Smoothies Diet* provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you:

- Lose Weight
- Detoxify the Body
- Increase Energy
- Fight Heart Disease
- Prevent Diabetes & Certain Cancers
- Boost the Immune System
- Make Skin and Hair Beautiful

Features easy-to-make recipes like:

- Rad Raspberry Radicchio
- Black Kale Blackberry Brew
- Red Pepper Mint Julep
- Grapefruit Cilantro Booster
- Big Black Cabbage Cocktail

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