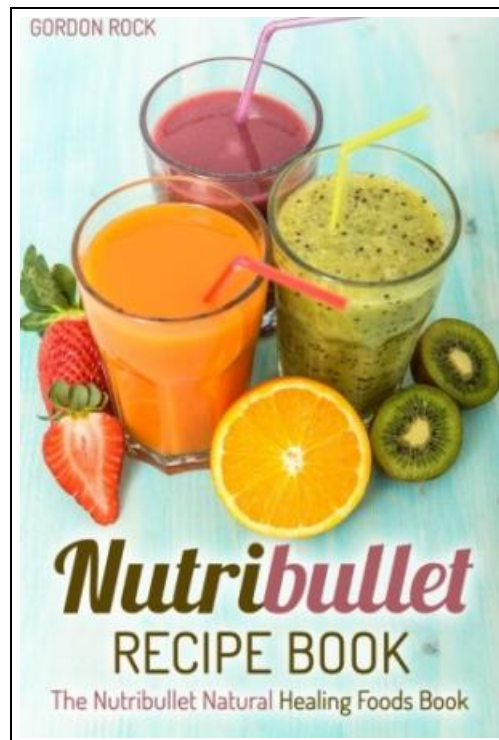


Nutribullet Recipe Book: The Nutribullet Natural Healing Foods Book (Nutribullet Smoothies Recipes)



Filesize: 2.15 MB

Reviews

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

(Dr. Deonte Hammes DDS)

NUTRIBULLET RECIPE BOOK: THE NUTRIBULLET NATURAL HEALING FOODS BOOK (NUTRIBULLET SMOOTHIES RECIPES)



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. The Nutribullet Recipes offers a fresh take, literally, on how we consume our food. Sure, we've always sautéed, boiled or steamed our vegetables, but are we really getting the nutrients our bodies need? A significant portion of those nutrients disappear during these processes. Fruits provide us with essential vitamins, but how many bananas, apples and strawberries can you really eat in order to give your body its needed nutrients. Will you always have the stomach to eat as much you really need? This Nutribullet Recipe Book will answer these dilemmas by providing you an easy reference on how to consume your fruits and vegetables raw and extracted. Nutrient extraction is nothing like blending or juicing the fruits and vegetables out. The Nutribullet, a device which extracts the essential nutrients from your fruits and vegetables, ensures you get your recommended dose of vitamins and nutrients, just as if you ate them raw but without the struggles of chewing. What you get is a tasty shake, slush or smoothie offering your body with all the essential nutrients in an easy-to-consume form. So, for who is this Nutribullet Natural Healing Foods Book? It is for people who wish to lose weight and not have to struggle with bland-tasting foods. Even Nutribullet-processed vegetables will taste great! It is for diabetics who constantly struggle with their sweet tooth and spikes in insulin levels. The Nutribullet recipes present some delicious and sweet-tasting smoothies using natural sweeteners like honey. It is for people who continuously struggle with balancing their metabolism and detoxifying their bodies. It is for people who deal with both chronic and lifetime medical conditions. The recipes provide natural and holistic healing that can aid...



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