

Within this book is one of the tastiest ways to explore a heart healthy diet. Surprising ingredients like avocado, flax and chia can all come together to create a style of smoothie that is excellent for your heart. As a smoothie nut myself, Iâ€™ve been experimenting with recipes for years. Nobody ever knows whatâ€™s in my oddly tinted glasses, but usually once they taste itâ€™ they want to know where it came from, and how they can get some. As part of my Therapeutic Eating Collection, I am creating recipes that can strengthen your immune system, help your heart, and prevent cancer. Altogether, the idea is to transform into a real superhero of health, Are you ready to join me? This book is available on Amazon / Kindle with one click, and a Kindle is NOT needed to read it â€“ just use your web browser. Alternatively, grab a paperback edition for you or a friend.

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