



The Green Smoothie Prescription: A Complete Guide to Total Health

Victoria Boutenko

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Raise a glass to your health!

Dark, leafy greens contain an astonishing abundance of nutrients, with enzymes, antioxidants, and minerals that hold extraordinary benefits for our mind and body. In *The Green Smoothie Prescription*, raw food pioneer and international bestselling author of *Green for Life* Victoria Boutenko provides a comprehensive guide to the healing capabilities of green smoothies. This easy-to-use and information packed book features over 150 delicious recipes and an A-to-Z list of the most effective nutrients in battling everything from minor colds and aches and pains to chronic conditions and weight loss. These unique smoothies are the easiest, fastest, and most delicious way to consume the amount of greens necessary to achieve and sustain total health.

Featuring smoothies for:

Beautiful Skin • Colds & Flus • Stress Reduction • Detox & Cleanses • Weight Loss

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