



7-Day Paleo Smoothie Detox Cookbook: More than 40 Delicious Recipes to Help You Lose Weight and Stay Healthy for Life (The Modern Paleo Book 2)

Scarlet Marsh

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Are you serious about getting the body and health of your dreams?

Do you want to lose weight and detoxify your body?

Then you've come to the right place. Registered Dietitian, Scarlet Marsh, has helped over 1,000 people lose over 2,500 pounds and achieve the body and health of their dreams. She is a busy mom of three and understands the demands of raising a family while taking care of your personal health.

Scarlet is rapidly becoming known as an expert in the Paleo diet providing practical ways to make this lifestyle easy, affordable and delicious.

Simply put, the Paleo diet is the diet that humans were intended to eat. 7-Day Paleo Smoothie Detox Cookbook will make it easy to start your Paleo journey.

Low carb, high protein, and full of wholesome, natural foods, the Paleo diet has gained rapid popularity for those who truly savor good cooking, but no longer want to be weighed down by processed or unhealthy food. 7-Day Paleo Smoothie Detox Cookbook simplifies the transition into the Paleo lifestyle.

Are smoothies Paleo? Absolutely! Our ancestors of the Paleolithic era ate an abundance of fresh fruits and vegetables. During the summer and early autumn, these foods were in abundance and Mrs. Caveman and her brood would go through a seasonal "cleanse" consuming as much of this nutritious foods as possible. True, Mrs. Caveman of the Paleolithic era didn't have a blender but that's where modern meets Paleo to make magnificent!

These smoothies are high in calcium, magnesium, potassium, iron, phosphorous, zinc and vitamins A, C, E and K. They are packed with folic acid, fiber, chlorophyll, micronutrients and phytochemicals.

Here are some of the health benefits of drinking these amazing Smoothies:

- **Reduced risk of cancer.**
- The fiber in this cleans the colon and keeps things on the move.
- **Purifies the blood.**
- Remove toxins from the digestive system
- **Gives digestive system a rest**
- Facilitates fat loss
- **Improves circulation**
- Promotes healthy, balanced intestinal flora
- **Strengthens the immune system**
- Promotes increased energy levels and decreased depression
- **Improves gall bladder, liver and kidney function**
- Clears lung, throat and sinus congestion

If you're wanting to lose weight, increase your energy levels and purify your body, then you will be amazed at the results this 7-day Paleo Smoothie Detox will give you!

- **Each recipe is accompanied with a captivating, beautiful and colorful picture of the final recipe outcome.**
- The cookbook comes with a linked table of contents for easy navigation.

Scarlet gives you everything you need to get started with your Paleo Diet including these amazing bonuses:

- **FAQ's about the Paleo Diet**
- **Results Chart**
- **14-day Food Journal**

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Eva Velasco:

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Frances Temple:

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, and then why you don't try factor that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love 7-Day Paleo Smoothie Detox Cookbook: More than 40 Delicious Recipes to Help You Lose Weight and Stay Healthy for Life (The Modern Paleo Book 2), it is possible to enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

Margaret Garcia:

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