



Supercharged Juices & Smoothies

By Christine Bailey

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Supercharged Juices & Smoothies, Christine Bailey, Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic? Supercharged Juice & Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, this book uses an array of foods including sea vegetables, herbs, teas, supplements and tinctures to help you supercharge your health. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind, and these 'functional foods' can often be targeted towards a specific problem. For example, did you know that maca supports the adrenals, helping your body deal with stress, while chia seeds are prized for their amazing high omega-3 content - beneficial for brain function, reducing inflammation and cardiovascular health. Nutritionist and best-selling author Christine Bailey shows you how easy it is to make daily juices and smoothies, and explains the benefits of using an array of boosters to add extra health-giving properties. Use the...

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