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Smoothie Heavy Metal Detox
Smoothie 101 This smoothie is not only delicious, it's also perfectly designed to include five key ingredients that work together in synergy to pull heavy metals like mercury, lead, aluminum, nickel, copper, and cadmium out of your organs where they accumulate. Heavy Metal Detox Smoothie 101 - Medical Medium 101 Instructions Add all of the ingredients to the blender. Blend until smooth. Serve. Wash the blender immediately to avoid food sticking. 8 Detox Smoothie Recipes for a Fast Weight Loss | Lose Weight Whether you want to detox, lose weight, or just make sure you get your daily dose of essential vitamins and minerals, drinking a

smoothie is a tasty way to boost your health. With over 150 mouth-watering recipes, The Smoothie Recipe Book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill ... The Smoothie Recipe Book: 150 Smoothie Recipes Including ... This simple detoxifying smoothie contains of only 4 ingredients: spinach, banana, blueberries, and strawberries. Spinach is a large source of iron and contains glutathione which helps our bodies to get rid of toxins stored in our fat cells. Berries are also a great source of antioxidants and aid the detoxification process too. Check it out here. 25
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detoxopedia Blueberries are packed

with them, and raspberries and blackberries also have a lot, so we'll use all three here to make sure it's a detox winner. What You Need. 1 1/2 cups Berry Mix (Blueberries, Raspberries, Blackberries) 1/2 cup Coconut Milk. 1 cup Purified Water. 1/8 cup rolled oats. 8 Homemade Detox Smoothies to Cleanse Your System Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Smoothie Recipes: 101 Delicious Smoothie Recipes for Weight Loss, Detox, and Energy Rejuvenation (Smoothie Recipes - The Only Smoothie Recipe Book You Need 1). Smoothie Recipes: 101 Delicious Smoothie Recipes for ... Ingredients 1/2 cup water (or orange juice) 1 green

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apple 1/2 cup frozen pineapple chunks 1/2 frozen banana 1/2 inch fresh ginger , peeled and minced 1 cup fresh spinach small handful fresh cilantro 1 tablespoon fresh lime juice Easy Detox Smoothie (with NO weird ingredients!) | Detoxinista There are 101 recipes inside! We collected 101 recipes from all around the world, to satisfy every taste out there. You will find green smoothies for weight loss, green smoothies for cleansing your body, detox, smoothies that will help you gain energy, or just everyday smoothies that taste amazing! 101 Green Smoothie Recipes: Tasty Recipes to Lose Weight ... Whether you're looking for a green smoothie recipes book or a smoothie diet book, I've got you covered in this post. The Best

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