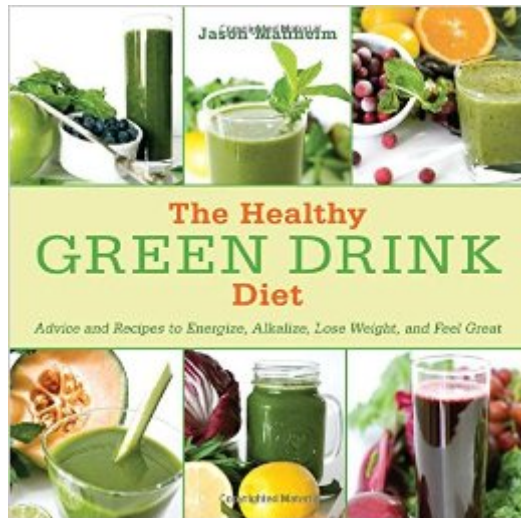


The book was found

# The Healthy Green Drink Diet: Advice And Recipes To Energize, Alkalize, Lose Weight, And Feel Great



## Synopsis

One juice or smoothie a dayâ ”made from green vegetables such as kale, cucumber, celery, and spinachâ ”works wonders for organ health, immune system strength, and weight loss. Now the founder of [heathygreendrink.com](http://heathygreendrink.com) offers a persuasive argument for adding a green drink to your day, as well as recipes for dozens of different variations. Why drink green?#149;Green leafy vegetables are extremely alkaline and great for lowering your blood pH and remedying many common ailments and diseases.#149;By juicing or blending the vegetables into a delicious smoothie, you can enjoy the goodness of many more cups of greens that you could possibly eat in one sitting.#149;The juicing process also breaks down or removes the fibers of the plants so their nutrients are able to get into your system quicker.#149;The â œgreen drinkâ • approach offers dieters the chance to add something rather than take it away, without guilt. A cleansing detox drink is a fantastic, tasty way to consume all your necessary vitamins and minerals without having to resort to a processed multivitamin. Plus, green-drinkers quickly start to crave more fruits and vegetables, leading them to a healthier diet over all. The Healthy Green Drink Diet gives health enthusiasts all the tools they need to add green drinks to their daily routine and feel the wonderful, energizing results through and through.

## Book Information

Hardcover: 176 pages

Publisher: Skyhorse Publishing; 1 edition (February 14, 2012)

Language: English

ISBN-10: 1616084731

ISBN-13: 978-1616084738

Product Dimensions: 7.5 x 7.9 x 7.5 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (797 customer reviews)

Best Sellers Rank: #23,578 in Books (See Top 100 in Books) #8 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #28 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #71 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

I love to juice vegetables and fruits and I have a good friend who literally dragged himself off Death's Door by juicing vegetables that allowed him to heal up from an obesity-caused ailment. I

can't think of any better endorsement than that. While it is easy to juice fruits and carrots and cucumbers, greens add a lot more to a healthy mixture and also allow you to eat MORE servings of those deep green vegetables as well as change the balance of your body to a more healthful one. The author gives you advice on how to make green drinks, which do not necessarily require a juicer, in fact, he informs us that blending (breaking down cell walls of the veg) and triturating juicers do a better job and get you more nutrients (one brand of triturating juicer is the Omega, which I always recommend to my friends. It is listed as a "masticating" but it is also called triturating.) So you actually don't have to have a juicer, per se for this book. A blender can work. The recipes show you how to incorporate arugula (rocket), kale, collards, other greens and make digestible, nutrient filled and tasty smoothies that can add buckets of vegetables with all their vitamins, minerals and antioxidants to your daily diet. I have an issue that I do not eat enough vegetables, especially raw ones as I don't like salads when I go out to eat (bagged salads as served nowadays in most places absolutely bore me, like eating leathery, tasteless shrubbery) and I don't use them up fast enough at home. Juicing and green smoothies are actually for me, convenient as well as healthy.

I am a professed green smoothie junkie and have been teaching about them for nearly 9 years. I collect information, books and recipes on green drinks. Naturally I had to get this one. I'm not much of a reviewer but felt compelled to share my thoughts since so many people have brought this book to my attention and have asked me about it. In a nutshell - this is a beautiful picture book, well presented BUT very thin in content and new information. I applaud Jason for making such a beautiful book. Anything published about green smoothies to get the info out ranks high in my book.

Unfortunately the book reads like a website. In fact, pretty much all of the information and recipes presented in the book can be found on any single reputable website about green smoothies. I found myself thinking... this is identical to x website as well as y website and z and... If I'm going to spend money on a book I want there to be substance - at least something new that I can't easily read on a website. Another issue I have with the book is that it is clearly geared towards green smoothie beginners, which is great, but many recipes are unusual and targeted for specific tastes. In other words they don't embody the spirit of the beginner to support them with simplicity to actually like drinking greens when they are not used to it. While I do enjoy many of the recipes I would not recommend the majority of them for those new to green drink. It also promises to deliver every health benefit possible about green smoothies but again, gives only a cursory overview of what it's really about.

[Download to continue reading...](#)

The Healthy Green Drink Diet: Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great  
Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting)  
Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1)  
DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1  
Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting)  
Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes  
Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40)  
The Quintessential Quinoa Cookbook: Eat Great, Lose Weight, Feel Healthy Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner)  
Green Smoothies: 40 Best Green Smoothie Recipes to Lose Weight and Detox Your Body  
The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life  
Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self  
Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1)  
Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox)  
A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1)  
DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way  
A Guide to Juicing, Raw Foods & Superfoods: Eat a Healthy Diet & Lose Weight (Reluctant Vegetarians)  
Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health  
Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes)  
Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7)

