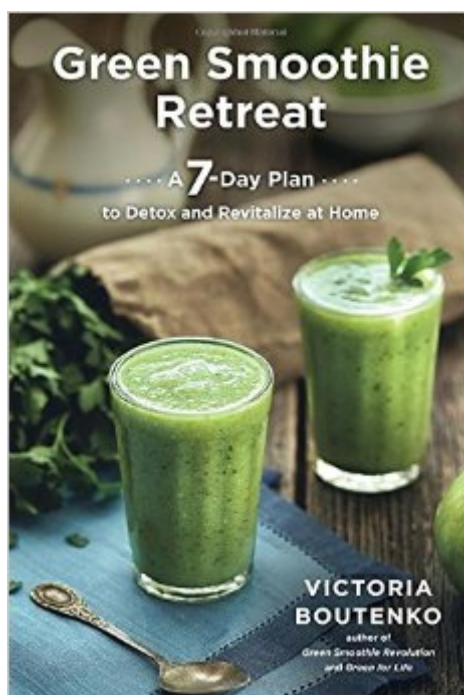


The book was found

Green Smoothie Retreat: A 7-Day Plan To Detox And Revitalize At Home



Synopsis

VICTORIA BOUTENKO, acclaimed pioneer and recognized authority in the phenomenal green smoothie movement, has transformed and revitalized people's lives at her popular healing retreats. Now you can enjoy the same benefits by organizing your own green smoothie retreat with family and friends. This handbook provides the information you'll need to organize fun, healthy adventures for you and those you care about. Enlivened by stories from Boutenko's well-designed workshops as well as testimonials from her participants, this guide includes recommendations for group activities, nutritional information, and recipes for a seven-day revitalizing retreat. Written for both beginner and experienced green smoothie enthusiasts, *Green Smoothie Retreat* provides both basic information and in-depth details about subjects such as the healing properties of greens, analysis of water, and vital nutrients that enhance health.

Table of Contents:

Part 1 Guide to Your Own Retreat

Chapter 1. Critical Thinking

Chapter 2. Your Body Is Able to Heal Itself

Chapter 3. Living in the Toxic World

Chapter 4. Best Source of Nourishment

Chapter 5. Detoxing is Healing

Chapter 6. Managing the Stress

Chapter 7. Educational Materials for Retreat

Chapter 8. Why Green Smoothies

Chapter 9. Fruit: to Eat or Not to Eat?

Chapter 10. Wild Edibles

Chapter 11. Choosing The Best Time for Your Retreat

Chapter 12. Creating a Restful Environment

Chapter 13. Why seven days

Chapter 14. Daily Schedule

Chapter 15. Keeping a Diary or Blog

Chapter 16. The Importance of Support

Chapter 17. The Cost of Produce for Your Retreat

Chapter 18. The Equipment for Your Retreat

Chapter 19. Variety and Quantity of Smoothies

Chapter 20. Re-entering the World

Part 2. Letters from Our Retreats' Participants

Green Smoothie Baby

Type 2 Diabetes Reversed

Kerry, the Queen of Greens from Australia

Three Generations Benefited from Green Smoothies

Improved Vision and Vibrant Energy

Candida and Chronic Fatigue Reversed

The Doctor Said: "We won't See Each Other Anymore."

• Green Smoothies are Satiating

Seven Days of Green Magic

Teacher Inspired Students to Drink Green Smoothies

Stomach Pains Completely Gone

I Feel Younger, Healthier, and Happier Than Ever.

Out of The Wheel Chair and Rheumatoid Arthritis Gone

From Mom to Daughter to Family to All People of Seattle: Drink Smoothies!

Sometimes It Takes Longer to Heal

Mom Put Son's High School on Green Smoothies for a Year.

Part 3. Recipes

Sweet Green Smoothies

Green Soups

Green Puddings

Bibliography

Index

Book Information

Paperback: 176 pages

Publisher: North Atlantic Books; 1 edition (January 6, 2015)

Language: English

ISBN-10: 1583948600

ISBN-13: 978-1583948606

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (31 customer reviews)

Best Sellers Rank: #413,028 in Books (See Top 100 in Books) #198 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Raw #354 in Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #496 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

I am indebted to Victoria Boutenko because Her book, Green For Life made me aware of how healthy green smoothies can be. Over the last 5 years, I have been drinking a green smoothie every morning. I have evolved my own recipes so I was curious what Victoria had to say in this new book. The book is layed out in a straightforward manner. Boutenko makes her case for using greens as a way of getting supernutrition and for detoxing the environmental toxins we are all exposed to. She talks about the need to create a quiet, restful environment while on retreat and emphasizes that organically grown produce is preferred. She encourages people to do the retreat together for mutual support. She feels 7 days is the right amount of time to clean and heal the body to get thru a detox "crisis" and come out the other side feeling great. After describing the need for a peaceful environment, good quality produce and listing the various items needed, such as a good blender, proper knives etc, Boutenko publishes letters from people who have had perceivable gains as a result of doing the 7 day retreat. The book ends with recipes for green smoothies, soups and even green puddings. Boutenko was once a vegan, then a vegetarian. She found she had a B12 deficiency, so is now adding raw egg to her smoothies a few times a week. This might turn off hard core vegans, but I found it interesting that she is simply interested in health and is not dogmatic and for her at least, this is something she feels she had to do. My biggest problem with the book is that Boutenko's drinks include a lot of fruit. She contends (without any scientific evidence to support this,) that unripe conventionally grown fruit raises blood sugar whereas ripe organically grown fruit does not.

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

Hacking: Tapping into the Matrix Tips, Secrets, steps, hints, and hidden traps to hacking: Hacker,

Computer, Programming, Security & Encryption Jack and the Hungry Giant Eat Right With Myplate
My First Bilingual Book–A Day (English–Vietnamese) Information Architecture: For the
Web and Beyond Keep Your Love On: Connection Communication And Boundaries The Smarter
Screen: Surprising Ways to Influence and Improve Online Behavior The New Rules for Love, Sex,
and Dating A Lifelong Love: How to Have Lasting Intimacy, Friendship, and Purpose in Your
Marriage Beautiful Data: A History of Vision and Reason since 1945 (Experimental Futures) Garden
City: Work, Rest, and the Art of Being Human. Fear and Faith: Finding the Peace Your Heart
Craves To Heaven and Back: The Journey of a Roman Catholic Priest A Doctor's Tools
(Community Helpers and Their Tools) Why Suffering?: Finding Meaning and Comfort When Life
Doesn't Make Sense Rainbow Warriors and the Golden Bow: Yoga Adventure for Children
(Rainbow Warriors Yoga Series) Touching Heaven: A Cardiologist's Encounters with Death and
Living Proof of an Afterlife Machines of Loving Grace: The Quest for Common Ground Between
Humans and Robots Husband After God: Drawing Closer To God And Your Wife Sex is a Funny
Word: A Book about Bodies, Feelings, and YOU Learn Command Line and Batch Script Fast, Vol II:
A course from the basics of Windows to the edge of networking

[Dmca](#)