

Make Food Your Medicine-Green Smoothies: Green Smoothies Offer Pure Nutrition. They Are Delicious And Much Healthier Than Fruit And Vegetables Juices. ... Contains A Variety Of Great Smoothie Recipes.

By Rev. Dr. Brenda S. White

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How to make a delicious green smoothie

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Paula owens {nutritionist, functional health

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The death of the raw food diet - renegade health

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