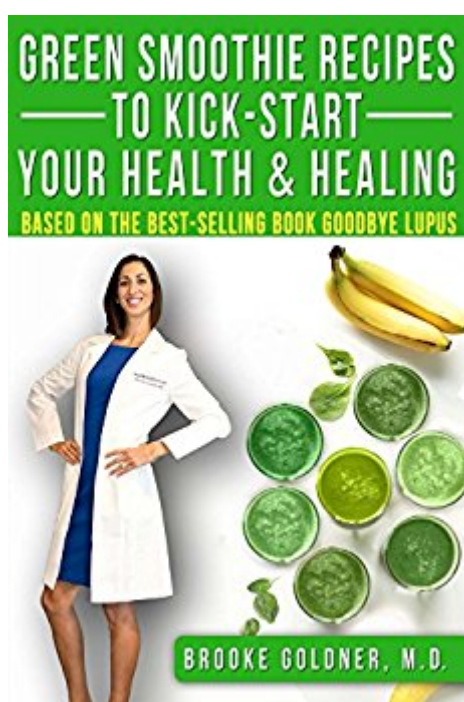


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# Green Smoothie Recipes To Kickstart Your Health And Healing: Based On The Best Selling Book Goodbye Lupus



## Synopsis

Brooke Goldner, M.D., Best-Selling Author of Goodbye Lupus, shares 24 of her favorite green smoothie recipes that she prescribes her patients when helping them heal their bodies. Brooke Goldner, M.D. is a board certified physician is known world-wide for being a medical doctor who has developed a nutrition-based treatment for her own autoimmune disease, Lupus using supermarket foods. Prior to her discovery, Dr. G had serious illness and had 11 years of medical treatments with high dose steroids and chemotherapy. Using nutrition alone, she has been completely healthy and requiring no medications for 10 years. Her nutrition program not only helps Lupus, but a myriad of other chronic health conditions. Dr. Goldner prescribes a diet that focuses on nourishing your cells, and these recipes are an important part of her program.

## Book Information

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## Customer Reviews

Very helpful in changing diet for wife's problems.

Good recipes

Great Reference for my smoothie Journey!

Read her earlier book, I wanted her recipes

Good jumpstart recipes to go along with the book, Goodbye Lupus.

This book is an easy fast read. Although the information is pretty basic, it has helped me tremendously to start a new eating plan and after just a few weeks I can already see and feel a difference. Going to keep going with it! It helps to read about someone else's journey with Lupus and how much diet can help and makes me feel hopeful.

Simple and delicious!

Expected a bigger book but liked what was in it.

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Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Green Smoothie Recipes to Kickstart Your Health and Healing: Based on the Best Selling Book Goodbye Lupus Green Smoothie Recipes to Kick-Start Your Health and Healing: Based On the Best-Selling Book Goodbye Lupus Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes â Look Good â Feel Better â Live Strong (Smoothie Bible) The Ultimate Vegan Recipe and Green Smoothie Cookbook - 50 Delicious Vegan Recipes and 25 Amazing Green Smoothie Recipes The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Healing Lupus Naturally: Science-Based Natural Lupus Remedies Your Doctor Doesn't Want You to Know About Healing: Reclaim Your Health:

Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1)

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