



The Big Book of Juices and Smoothies: 365 Natural Blends for Health and Vitality Every Day (The Big Book of...Series)

By Natalie Savona

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The Big Book of Juices and Smoothies: 365 Natural Blends for Health and Vitality Every Day (The Big Book of...Series) By Natalie Savona

Juice bars are all the rage, but making the drinks at home is an easy—and less expensive—way to sustain a smoothie habit. *The Big Book of Juices and Smoothies* features 365 healthy, delicious recipes, many of which can be prepared with nothing more than a blender. Each drink is rated for its energy/immune boosting properties, detoxifying qualities, and skin enhancing abilities, while an at-a-glance nutrient profile lists vitamins, minerals, and phytonutrients. Juice plans, such as a “detox weekend” or an “immune-boosting week” round out the book.

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Editorial Review

About the Author

Natalie Savona trained as a nutritionist at the acclaimed Institute for Optimum Nutrition in London. She runs two nutritional practices based in London and England's West Country which specialize in the link between diet and mental well-being. A member of the expert panel for Healthy magazine, Natalie has also written features for several newspapers, including The Times, Observer, and Evening Standard.

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