

Introduction

You know that something's not quite right, and to be quite honest, you've had your suspicions for a while.

It shouldn't be this impossible to lose those extra pounds that keep hanging on for dear life, should it? You shouldn't drag yourself out of your bed in the morning, feeling almost as exhausted as you did the night before? You shouldn't have to struggle with discomfort, uncomfortable bloating, diarrhea, sickness, and other digestive problems whilst everyone else around you is having fun.

It's not fair that you struggle to drop off to sleep at night whilst your partner lies snoring happily beside you. And you most definitely shouldn't have to contend with horrible hot flushes and other menopausal symptoms whilst others simply sail through.

And it's not like you haven't searched high and low for a solution; a way to return to the kind of health and energy you used to enjoy as a kid, with a youthful waistline, glowing skin and a carefree approach to life. But nothing ever seems to work, does it?

Might have even listened to the alternative health gurus who suggested you try some crazy elimination diet, eat like a caveman or followed some other experimental plan. So you drank their juices, you took their herbal pills, you followed their exercise plans and you just ended up feeling fat, deprived, unhealthy and exhausted anyway.

You're probably close to giving up and simply putting up with it all. What other option do you have left?

There is one other solution that you haven't yet tried, a solution that will be quick and easy to implement, will fit easily into even the most hectic or demanding lifestyle, will get you results fast and will even taste mouth-wateringly good too. It's no expensive and it's not complicated.

The answer lies right there in your hands- the answer to most of your problems is our 'Ultimate 10 Day Green Smoothie Cleanse'.

It's a quick plan that will transform both your physical and mental health and leave you wondering why you settled for second best and put up with those symptoms and that excess weight for so long.

You're probably wondering what exactly it is about a green smoothie cleanse that has the power to renew and revamp your entire life, and more specifically, how green smoothies will be your secret weapon.

Never fear- the next few chapters will be dedicated to the power of cleansing, the benefits of these often-forgotten green leafy veggies, how they can help you lose weight, target your health problems and most importantly, how you can use the 10 Day Green Smoothie cleanse to feel amazing again. You will also benefit from over 20 delicious green smoothie recipes and a meal plan that will take you through your journey and back into better health. But first, before we go any further, let's talk about the benefits of a cleanse.

What is a green smoothie cleanse?

The Western world is a dangerous place to live. Whilst we have reduced the threats we might encounter on a daily basis such as famine, disease, war and poverty, we are all becoming victim to a whole new practically-invisible kind of danger. **Toxins.**

These toxins are almost everywhere around us and in everything we eat, drink and use. They can be found in certain food ingredients such as refined sugar, refined wheat, caffeine, alcohol, in the pesticides, fungicides and insecticides that are used in non-organic farming, as the additives and preservatives in processed foods, in the cosmetics and toiletries we smother our bodies in, and in the prescription medications we take and the levels of air pollution that we subject our bodies to.

These accumulate in the body and cause ill health, mood swings, problems sleeping, excess weight problems and a whole host of other conditions, and our bodies simply become overwhelmed and unable to cope.

A green smoothie cleanse is a short-term plan that you can follow to help eliminate these toxins from your system, allow your body to rest and rejuvenate and return to better health. It uses the power of nutrition- of high-quality, organic fruit and vegetables, nuts and seeds and also superfoods to make these astonishing changes you are so desperate to see.

Now, before you ask, it's true that the body is always detoxifying by using your liver, kidneys and your skin but under these kinds of modern conditions, it really does struggle to keep up. We didn't evolve to deal with this onslaught. You only have to look at health statistics around the world to see the evidence for yourself.

How 'The Ultimate 10-Day Green Smoothie Cleanse' will benefit you

Our Green Smoothie Cleanse will:

- Help you shed those excess pounds
- Boost your energy
- Improve your skin tone
- Combat skin problems such as acne, eczema, psoriasis and dermatitis
- Overcome hormonal issues such as menopausal symptoms, PMT or painful periods
- Beat allergies and target hayfever
- Improve your fertility
- Soothe digestive problems such as bloating, cramps, diarrhea, heartburn, indigestion and pain
- Improve clarity of thought and eliminate brain fog,
- Beat constipation
- Eliminate symptoms of fatigue
- Reduce food cravings
- Improve quality of sleep
- Eliminate yeast infections
- Avoid headaches and migraine
- Beat infections
- Tackle depression and low mood problems

You will also feel more rested, more balanced and ready to face the world.

Green smoothies are just like regular fruit smoothies but with the addition of green leafy veggies, they become extra nutritious, cleansing and health-giving.

Most importantly of all, our Ultimate Green Smoothie Cleanse is not about depriving yourself. Green smoothies are a delicious treat that will tickle your taste buds and improve your health in one go.