

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...](#)

Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie

Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) 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) Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies) Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days! Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Depuraci3n Smoothie Verde 10 (10-Day Green Smoothie Cleanse Spanish Edition) (Atria Espanol) 10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) 7-Day Detox Miracle, Revised 2nd Edition: Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss)