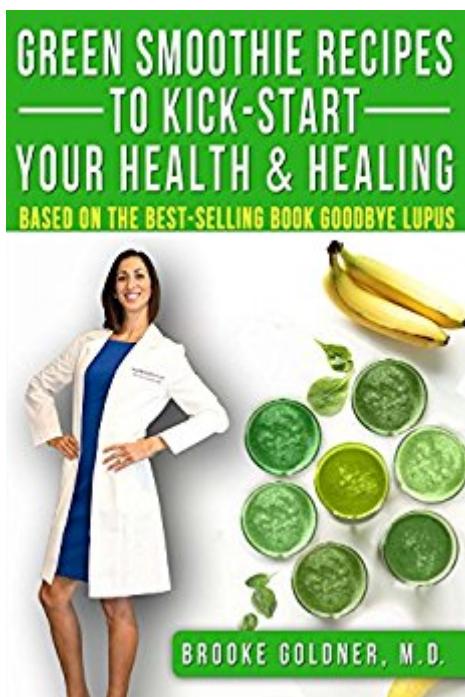


The book was found

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 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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