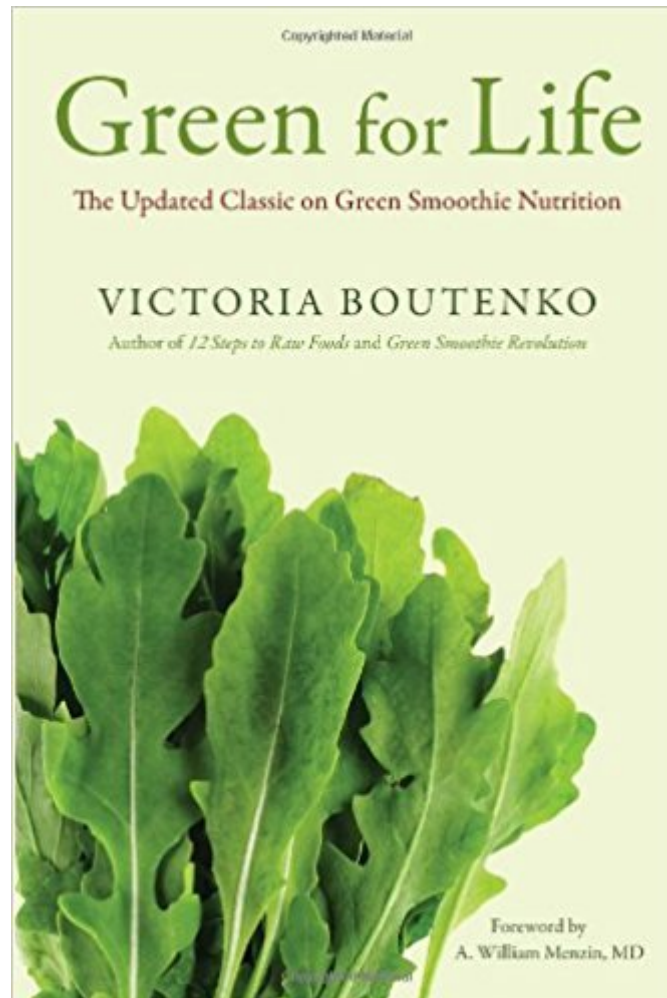




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Green For Life: The Updated Classic On Green Smoothie Nutrition



Synopsis

Everyone knows they need to eat more fruits and vegetables, but consuming even the minimum FDA-recommended five servings a day can be challenging. In *Green for Life*, raw foods pioneer Victoria Boutenko presents an overlooked powerhouse of nutrition in this equation: greens. For their bounty of minerals and nutrients, greens exceed other vegetables in value. *Green for Life* details the immense health benefits of greens and suggests an easy way to consume them in sufficient quantities: the green smoothie. This quick, simple drink benefits everyone, regardless of lifestyle, diet, or environment. Green smoothies eliminate toxins, correct nutritional deficiencies, and are delicious as well. *Green for Life* includes the latest information on the abundance of protein in greens, the benefits of fiber, the role of greens in homeostasis, the significance of stomach acid, how greens make the body more alkaline, the healing power of chlorophyll, and more. Also included are the results of a pilot study demonstrating the effectiveness of adding just one quart of green smoothies a day to one's diet, without changing anything else in dietary intake. Green smoothie testimonials and recipes give readers confidence and motivation in exploring green smoothies for themselves. This updated edition offers important new research on the role that omega-3 and omega-6 fatty acids play in metabolic health and includes nutritional data on select green smoothies and updated findings on organic versus conventional produce. Offering more in-depth nutritional and experiential information than Boutenko's recently released *Green Smoothie Revolution*, *Green for Life* makes an ideal companion piece to its recipe-rich successor.

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Customer Reviews

“In Green for Life, Victoria Boutenko focuses on the benefits of greens and offers 45 of her favorite green smoothie recipes.” • Publishers Weekly “Green for Life is a revolutionary but simple idea whose time has come. It is a clear inspiration and great resource to readers who desire to lead healthier lives.” • Midwest Book Review “In more than thirty-five years of practice as a psychiatrist affiliated with the Harvard Medical School, I have learned one thing very well: Human behavior is very hard to change. Now Victoria Boutenko is persuading me otherwise. Thirty days of green smoothies will change how you feel, and how you feel about yourself. That’s no small achievement for one small book.” • A. William Menzin, MD, Harvard Medical School, from the foreword “Victoria Boutenko’s clear, simple, masterful concept is so valuable, so powerful we can expect to see and feel the world of health rocked to its foundations within the decade.” • Thomas C. Chavez, homeopath and author of Body Electronics “Victoria, you did it again! I love your new book. It will bring health to millions, reduce future risks of degenerative diseases for new generations, and make life easier for all of us now. A must read!” • Dr. Ruza Bodganovich, internationally renowned lecturer and author of The Cure is in the Cause “Raw food expert Victoria Boutenko wants you to eat more leafy greens, but she knows chomping on big bunches of them can be difficult. So, in the second edition of her book Green for Life, originally published in 2005, she instead recommends blending kale, spinach, chard, and the like with different fruits and vegetables and drinking a quart of the resulting green smoothie every day... Already own the book? The new version includes nutritional information on Boutenko’s favorite edible weeds (stinging nettles, dandelions, lambsquarters); testimonials from smoothie converts, who marvel at how their various ailments disappear after going green; and some 20 additional recipes for smoothies and puddings, which Boutenko perfected over six years of experimentation.” • Vegetarian Times “Green for Life is the book that makes the case, the proof, if you will, that green smoothies are the missing link in human nutrition. After you read the science and the amazing testimonials, you’ll be itching to make your first smoothie. Few books are as must-have as this one. 10+ out of 10.” • The Raw Mocha Angel “Green for Life is a book of hope and encouragement, as it shares a simple and viable way to revitalize your life.” • Lily of the Valley “Amazing and inspiring... Green for Life is impossible to read without craving a fresh, green smoothie. Why? The information and stories in the book (including dozens of first person experiences from those who changed their

diets after reading the first edition of Green for Life) are compelling, even shocking, and offer the promise of healing for any of us with health and skin issues... pick up this influential book and start getting greens into your daily routine!

•Beauty is Wellness

[Green for Life] is extremely motivating. It's short, it's interesting, and it makes you want to run to your nearest green grocer for an armload of greens to shove into your blender.

•All Things Nourishing

"Green for Life is a very informative book if you are just getting into the green smoothie revolution. Lots of information and case studies on why green smoothies are beneficial, along with a recipe section. Chlorophyll is liquid sunshine!

•In My Mind

"As a nutrition professional I frequently discover new diets and eating habits. Many claim to offer optimal health or weight loss, disease control or the next thing. I find myself reading diet books with a certain skepticism

[Victoria Boutenko's] research finds many benefits to adding green smoothies to the daily diet... I highly recommend reading [Green for Life], and trying the smoothies, to anyone.

•If your health is declining, your weight is increasing or decreasing unexpectedly, or if you would like overall health benefits of amazing greens

read this book!

•Rachel Fox, RD, Eat Drink Better

[Green for Life offers] background, logistics, health information, facts, and even a short study with people trying out the smoothie lifestyle. I thoroughly enjoyed this book! ... I noticed a difference in myself after only one day drinking the smoothies.

•That shocked me. I felt so betrayed by my own desires of wanting 'regular' food. I felt more energized, didn't need as much sleep the night afterward, and could tell my digestion was better

I'm glad to know there's an easy way to add greens and fruits to my diet

helpful and informative.

•Kari, Reading For Sanity

[Boutenko] makes it clear throughout [Green for Life] that consuming vitamin-packed smoothies is not only the most effective way for our bodies to absorb essential nutrients, adding just one quart of green smoothie a day to one's diet can help with everything from weight loss and cravings, to healing skin conditions and reversing diabetes. She literally has pages and pages of inspiring testimonials, which is helpful for us as readers since we can pinpoint our trouble spot and then look through the book for a way to tackle it with the help of greens.

•Beauty Snob

"Go green with in-season fruits and veggies via one of Victoria Boutenko's Green for Life smoothie recipes. Our fave, the Aloe-Ha.

•The Posh Mom Life

"A good beginner's guide that is ripe for discussion.

•Elevate Difference

"Green for Life is a classic tome on green smoothies, with lots of information on the health benefits and easy recipes to get started.

•Chatelaine

Victoria Boutenko teaches classes on raw food and nutrition worldwide. The author of *Green Smoothie Revolution*, *Raw Family Signature Dishes*, *12 Steps to Raw Food*, and *Raw Family: A True Story of Awakening*, her books have been translated into more than a dozen languages. Her self-published *Green for Life* was a finalist for the 2006 Independent Publisher's Award (IPPY) in health and medicine. Victoria and the Boutenko family, also known as The Raw Family, live in Ashland, OR.

Totally, totally love *Green for Life*--because this is definitely what I aspire to be, GREEN FOR LIFE. I have yet to read one of Victoria's books about smoothies and not be inspired to work harder at healthy living. I am not privileged to find all of the ingredients that make up her recipes, but...I love to blend in the ones I am privied to. I practice a WFPB diet, and I love it. I have been making smoothies for about 5 years, and I plan to NEVER stop. It's funny, most of my friends and those who have been guests at our home, when they meet each other or are in the company of each other, they ALWAYS ask if the other has ever had one of my green smoothies. The ones who haven't (which are few) fuss at me for not having made one for them, the rest talk about the ones I've made them. I would say about 99 percent of those who have had my smoothies have become converts. I was an avid juicer before doing green smoothies, and I must credit Victoria Boutenko and her family for the switch. So, if you want to drink healthy, life giving beverages, and you need a place to start or if you already do the green thing and would like to expand your collection of recipes, and be encouraged while you do it, *Green for Life* is a great place to start.

I don't want to repeat too much of what's been already said, but I have to write at least a quick review because I really LOVE this book. I was hovering between 4 and 5 stars, and frankly the book isn't perfect so I'll go with 4. But it's a strong 4, and I highly recommend it! Yes there is a fair amount of testimonial, from the author and her family and other subjects. I like that though, to hear personal stories, because everyone has different health issues and reacts differently to different treatments. Seems like green smoothies are overall GREAT no matter what your ailment, which is rare. Boutenko does a fairly good job of explaining the science and reasons why green smoothies are so good for you. Perhaps she could've delved deeper in some instances, but really this was/is a pioneering diet movement so I think she did well. Try starting your day with a green smoothie, and your day can only get better!! Cravings for sweets and carbs, and other generally less/non nutritious food diminish instantly! I mean it! I have a bad sweet tooth, though I eat a pretty healthy fruit and vegetable/raw dairy based diet. When I start off with a green smoothie, I my sweet tooth pretty much

disappears, which I consider miraculous :) I also have way more energy and just felt positive. I know I glow when I've had my green smoothie ;) Boutenko is uplifting and her message is hard to ignore. Even if you don't adopt a raw vegan lifestyle, I think the book is very worthwhile because it offers new tips on nutrition and lets us look at greens in a whole new way. They are not just a side item, to be eaten rarely (or never) as most people do. If you let greens have more of a central role in your diet, you will reap the abundant health benefits! And what better way to consume than whizzed into a delicious smoothie- so the difficult work of chewing up all those greens is done for you so that you can properly digest the nutrients. If you are considering this book, you should go for it!! Victoria single handedly pioneered the green smoothie movement, and you will be delighted with this book. For the price, it is most definitely worth it! You will feel great!!

This book is quite inspiring to incorporate more greens via smoothies into one's diet. It's great for a beginner trying to find ways to improve their diet and add raw, plant-based food. I am very convinced that the majority of the population need to add more greens to their diet and smoothies are a fantastic way to do just that. I've been eating green smoothies every morning for about a year now, and can attest to the increased energy, general feeling of wellness/health, a significant and noticable reduction in cravings for sweets, and disappearance of colds and illness. (I can't remember my last cold!) The more raw greens and fruits that I add to my diet, the less I'm inclined to desire sweets and overeat. I'm not aiming for a 100% raw food diet, but I try to eat the equivalent of 2 HUGE salads and various tasty fruits, plus whole grains and a bit of healthy fat every day. Green smoothies have been my #1 BIGGEST AID in achieving that goal. And there simply isn't much room left for eating the bad stuff! Unfortunately, this book is so full of non-research supported claims and irrelevant analogies to animals that it's difficult to take much of it seriously. Maybe I'm someone who needs to understand the research behind health claims, but with so much misleading and erroneous health claims out there, I think all claims need to be backed up by some solid scientific evidence. I wasn't bothered by the limited number of recipes. It gave me some great, new combinations to try and, realistically, I'll adjust them to my own tastes anyway. I started with more fruits and less veggies (as the author suggests), then naturally evolved to desiring more veggies and less fruit (as she did). Testimonials can be very important for inspiration, so I don't fault their inclusion, either. Overall, the book was inspiring to eat more greens, especially via smoothies, but lacked depth of content.

If you are sick and tired of being sick and tired, then you should read this book. If you want to lose

weight, gain weight or just feel great, you should read this book. (and eat more raw veggies).

Victoria Boutenko is the queen of raw foods. Yes many others came after her, but she is one tough and disciplined lady and she has really spent much time understanding the way foods heal our bodies. I definitely recommend this book for anyone who is interested in changing from the SAD diet or needs a reason or wants to be motivated to do so.

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