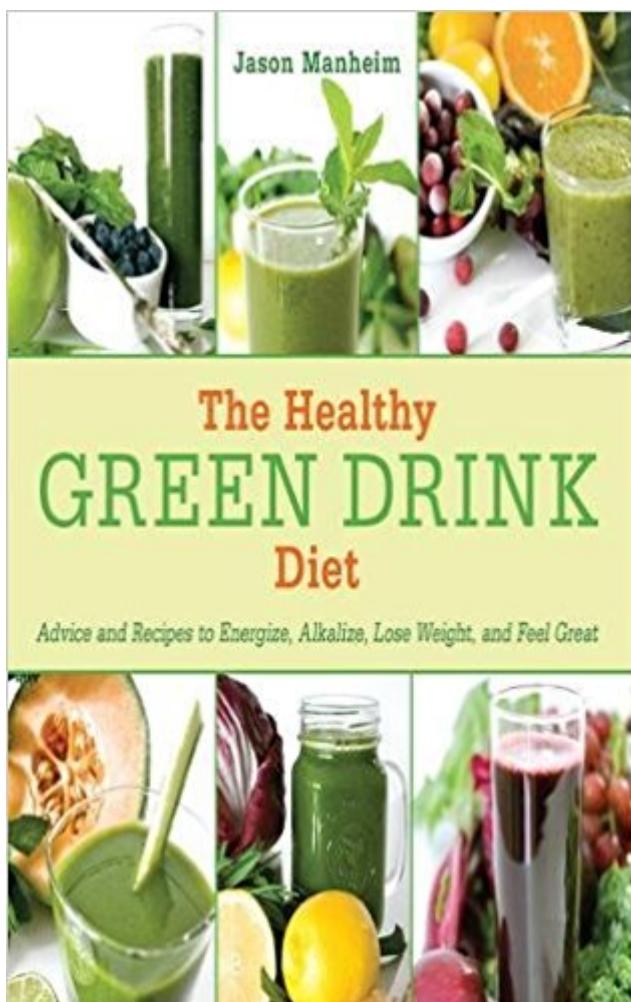


The book was found

The Healthy Green Drink Diet: Advice And Recipes To Energize, Alkalize, Lose Weight, And Feel Great



Synopsis

One juice or smoothie a day—made from green vegetables such as kale, cucumber, celery, and spinach—works wonders for organ health, immune system strength, and weight loss. Now the founder of heathygreendrink.com offers a persuasive argument for adding a green drink to your day, as well as recipes for dozens of different variations. Why drink green? Green leafy vegetables are extremely alkaline and great for lowering your blood pH and remedying many common ailments and diseases. By juicing or blending the vegetables into a delicious smoothie, you can enjoy the goodness of many more cups of greens that you could possibly eat in one sitting. The juicing process also breaks down or removes the fibers of the plants so their nutrients are able to get into your system quicker. The “green drink” approach offers dieters the chance to add something rather than take it away, without guilt. A cleansing detox drink is a fantastic, tasty way to consume all your necessary vitamins and minerals without having to resort to a processed multivitamin. Plus, green-drinkers quickly start to crave more fruits and vegetables, leading them to a healthier diet over all. The Healthy Green Drink Diet gives health enthusiasts all the tools they need to add green drinks to their daily routine and feel the wonderful, energizing results through and through.

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Customer Reviews

Jason Manheim created and runs the website heathygreendrink.com. A website developer and designer, he began making green drinks six years ago and has felt great ever since. He lives in Los

Angeles, California.

I love to juice vegetables and fruits and I have a good friend who literally dragged himself off Death's Door by juicing vegetables that allowed him to heal up from an obesity-caused ailment. I can't think of any better endorsement than that. While it is easy to juice fruits and carrots and cucumbers, greens add a lot more to a healthy mixture and also allow you to eat MORE servings of those deep green vegetables as well as change the balance of your body to a more healthful one. The author gives you advice on how to make green drinks, which do not necessarily require a juicer, in fact, he informs us that blending (breaking down cell walls of the veg) and triturating juicers do a better job and get you more nutrients (one brand of triturating juicer is the Omega, which I always recommend to my friends. It is listed as a "masticating" but it is also called triturating.) So you actually don't have to have a juicer, per se for this book. A blender can work. The recipes show you how to incorporate arugula (rocket), kale, collards, other greens and make digestible, nutrient filled and tasty smoothies that can add buckets of vegetables with all their vitamins, minerals and antioxidants to your daily diet. I have an issue that I do not eat enough vegetables, especially raw ones as I don't like salads when I go out to eat (bagged salads as served nowadays in most places absolutely bore me, like eating leathery, tasteless shrubbery) and I don't use them up fast enough at home. Juicing and green smoothies are actually for me, convenient as well as healthy. In addition to showing you how to use these green, you get some info on why lemon is alkalizing to the body and why reducing an acid balance (which is typical if you eat a meat and sweet diet) is helpful for weight loss, healing and general health. The recipes here are good--you learn how to use fresh basil, lemons, and other ingredients such as berries to make something that looks perhaps like pond scum but tastes refreshing and delicious. (JUST CLOSE YOUR EYES!!!) Some warnings; if you have thyroid disease, kale and other cabbage relatives may provoke a reaction (swelling) if you consume them. I cannot drink even one handful of kale juice without feeling it the next day. Listen to your body. I love kale and collards but I am forced to avoid all cabbages, sad to say. And parsley, which I always include in a small, loose, golf-balled sized amount (maybe less than a quarter cup) is toxic in large quantities. So if you get into juicing big time and love parsley, you need to be careful. There can be too much of a good thing. And an additional warning; if you take certain blood thinners, adding a large amount of greens adds more Vitamin K to your system and that affects how the blood thinners work; Vitamin K is involved in the clotting biochemistry of the body. So before you embark on juicing greens, talk to your doctor if you are taking thinners. Notes on the Kindle Edition: I like Kindle books for subjects such as this--recipes and facts are convenient in Kindle format. But

there are too many photos in black and white--pages of them. The regular Kindle displays only black and white so the photos are less than appealing and pretty much useless- I know what arugula looks like and a glass of smoothie is a glass of smoothie without color to show off. I'd suggest you not get the Kindle version unless you just want recipes, because it's annoying to have to page past a lot of photos.

The book is excellent, but my taste buds revolt against anything that tastes like new-mown grass smells. There are things in it that I like to eat, but I am too timid about this kind of thing to try juicing them. The only juice combination that I really like is apple juice and carrot juice, and I gave away my juicer because it was too hard to clean, so I have to buy the apple and carrot juice in the grocery store. I have a Vitamix, but this combination of fruit and vegetable is too hard to adequately juice in it. Everything else in this book will juice in the Vitamix, and I am going to have to be less finicky and try some of the recipes. But I bought a quart of green drink in the grocery store, and after one mouthful I poured it down the drain. If your taste buds are stronger than mine, you might like this very much. My daughter the vegan does. So I have to recommend it because she is in the intended audience and I am not.

I liked that Jason tackled on mixing green vegetables and fruits to make smoothies or juices. However, I would like to know substitutions with some of the ingredients to mix in a smoothie maker or juicer if you do not have it. Another factor was missing for me is taste. I did try a couple combinations in the book so far, and had to add nectar for flavor. I will test a few others of interest and avoid mixing some of the contents without 1-2 items and see if it tastes better. I may have to keep some nectar nearby for flavor as well. The purpose for most people to juice is because they lack their fruits and/or vegetable nutrients and welcome a smoothie easier than preparing and cooking them. Then, health factors such as memory, energy, and reduce other detrimental health issues by adding these healthier fruits and vegetables to the diet. I loved the illustrations but assumed 1/2 was half of an item, or 1/2 cup and guessing calorie count for myfitnesspal site I log my diary to get healthy fit and weight loss. I also loved the beginning section on the importance of specific greens, and his story on acid reflux and changed his eating habits by juicing as a healthier method. I also assumed to put these ingredients raw versus cooked. I tried the Healthy Green one, with raw broccoli but missing only the avocado (which I thought I had bought the other day) and leaf collard greens; but was gross and threw down the drain. I would believe adding collard green and avocado, not sure if it would taste any better and was primarily because of the raw broccoli grit still

in my glass. I have a smoothie maker instead of blender, not sure if this makes a difference as well. I will still test other drinks, but I tried one of them that required 1 cup mango, 3 strawberries, and basil leaves (the other items I eliminated and added a little nectar) which came out pretty good! I cheated with basil leaves in container versus fresh.

I thought this book was worth the money. It has many easy recipes to consider especially if you are newer to juicing. I prefer mostly vegetable juicing, but this book provides ways to add in some fruits to improve the taste if you must. It also gives you some tips on cutting vegetables and fruits, and portions. I think the title of the book is misleading, because it's not a diet book at all. Matter of fact, one of the things the author says at the beginning is that he believes juicing to be more of a supplement that will make you feel amazing and provides many health benefits (not juicing for the purpose of replacing meals). He said it's not a diet, and that he dares the reader to try juicing for a few days just to see how they feel. The point was that it makes you feel so good that you'll enjoy juicing and it will become more of a lifestyle than "diet" and a supplement and not meal replacement. I liked the pictures in the book, thought the recipes were simple and very clear. It allowed me to experiment. My favorite personal mixture: kale, spinach, parsley, green and red chard, cilantro, cucumber, celery, apple, lemon and ginger.

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