

Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin, Blend Smarter, Book 1



When we eat good we feel good... and when we feel good we smile more... and when we smile more we're happier... and when we're happier we have more inspiration and motivation... and when we have more inspiration and motivation we can contribute more. When we contribute more everyone wins. To sum up this book in one sentence I would say the following. This audiobook is about being really healthy without sacrificing taste and enjoying the process thoroughly. Aloha! My name is Adam Collins and I believe that Superfood Smoothies and Super Herbal elixirs are one of the most exciting and fastest ways to make a rapid positive shift in your overall health and quality of life. I've learned over the last 15 years on a high performance health journey that if I use the right ingredients with the right proportions, and stay consistent, the results will come. And just about everyone I've shared these recipes with says the same thing; they feel it and notice the pounds melting away, their energy levels soaring and that healthy glow you only get from truly being healthy. I get it, we're all human and by nature don't want to be constrained by the wall of diets and you can never have that again type mentality. There's definitely some things I'd recommend to never have again, and those are just common sense. Like chemicals, anything artificial etc. The recipes are designed to make it very easy for people who follow any style of eating to enjoy these recipes. Honey, for example, could be switched out for coconut palm sugar, or maple syrup. Imagine enjoying just one of these delicious recipes five days a week and experiencing an upgraded lifestyle. This book is for people who want to upgrade their smoothie experience to the next level. This book is for you if you are willing to invest in your health and get the proper ingredients that are needed to deliver the results you want and deserve.

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