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# 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

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## 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 laid 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.

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