



**Smoothies for Diabetics: Over 100 Quick & Easy
Gluten Free Low Cholesterol Whole Foods Blender
Recipes full of Antioxidants & Phytochemicals
(Natural Weight Loss Transformation Book 152)**

Don Orwell

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How Can You Go Wrong With 100% Superfoods Smoothies?

Smoothies for Diabetics - **fourth edition**, contains over 100 Superfoods Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods Fruits in these Smoothies are carefully selected for Diabetics with diabetes type-2. More than 90% of recipes are Vegan.

Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify.

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Christopher Jones:

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