

# 10-DAY *Green* SMOOTHIE CLEANSE



Lose Up to  
15 Pounds in  
10 Days!

*By JJ Smith*

# **10-Day Green Smoothie Cleanse**

**by JJ Smith**

**LEARN HOW THIS PERSON LOST 10 POUNDS OF WEIGHT IN 1 WEEK**



# **10-Day Green Smoothie Cleanse**

## **by JJ Smith**

Copyright © 2014 by JJ Smith (Jennifer Smith) for Adiva Publishing

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage and retrieval system, without written permission in writing from the publisher. Exceptions are made for brief excerpts used in published reviews.

Published by Adiva Publishing  
12138 Central Ave, Ste. 391  
Mitchellville, MD 20721

For more information, see [www.JJSmithOnline.com](http://www.JJSmithOnline.com).

**DISCLAIMER:** The author does not guarantee that any products or recommendations will provide you with the same benefits that she has achieved. You should seek a doctor and do your own research to determine if any of the products or recommendations made in this book by the author would work for you. Additionally, the author is not paid for recommending any books or products in this book.

While the author has made every effort to provide accurate product names and contact information, such as Internet addresses, at the time of publication, neither the publisher nor the author assumes responsibility for errors or changes that occur after publication. Additionally, the author does not have any control over products or websites associated with those products listed in this book or the content of those websites.

The book is sold with the understanding that neither the author nor publisher, Adiva Publishing, is engaged in rendering any legal, accounting, financial, medical, or other professional advice. If financial, legal, or medical expertise is required, the services of a competent professional should be sought, as no one at Adiva Publishing is a medical practitioner. The author and publisher shall have neither liability nor responsibility to any person, company, or entity with respect to any loss or damage caused directly or indirectly by the concepts, ideas, products, information, or suggestions presented in this book. By reading this book, you agree to be bound to the statements above.

Library of Congress Cataloging-in-Publication Data

Smith, JJ

10-Day Green Smoothie Cleanse/JJ Smith, First Edition

1. Health/Diet 2. Weight Loss 3. Women's Health and Wellness

ISBN: 978-0-9823018-2-1

**LEARN HOW THIS WOMAN LOST 3 POUNDS IN 3 DAYS**



# Contents

## Introduction

1. What Is the 10-Day Green Smoothie Cleanse?
2. Why Green Smoothies?
3. Getting Prepared
4. How to Do the 10-Day Green Smoothie Cleanse
5. JJ's Personal Tips for Success
6. How to Continue Losing Weight After the Cleanse
7. Five Detox Methods to Enhance Your Cleansing
8. Frequently Asked Questions (FAQs)
9. Testimonials
10. Success Stories
11. Conclusion

## APPENDIX A: Over 100 Green Smoothie Recipes for Different Goals

Anti-Aging

Athletic Performance

Beauty (Healthy Hair, Skin, and Nails)

Bones and Joints

Constipation

Detoxification

Diabetes/Blood Sugar Control

Energy

Heart Health

Immune Boosting

Kid-Friendly

Mood-Enhancing

Stress

Weight Loss and Fat Burning

Miscellaneous

## APPENDIX B: Clean, High Protein Recipes

**LEARN HOW THIS PERSON LOST WEIGHT WITH SMOOTHIE DIET**





## **Important Note to Readers**

The information contained in this book is for your education. It is not intended to diagnose, treat, or cure any medical condition or dispense medical advice. If you decide to follow the plan, you should seek the advice and counsel of a licensed health professional and then use your own judgment.

It is important to obtain proper medical advice before you make any decisions about nutrition, diet, supplements, or other health-related issues discussed in this book. Neither the author nor the publisher is qualified to provide medical, financial, or psychological advice or services. The reader should consult an appropriate healthcare professional before heeding any of the advice given in this book.



## **Introduction**

Congratulations on taking control of your health by caring for your body and feeding it what it needs to be slim, healthy, and vibrant! If you're like me, you really want to look and feel great!

Battling excess weight can be one of the most frustrating, challenging, and emotionally draining experiences on earth. Many people struggle with a never-ending battle to lose weight and get healthy. Despite the numerous fad diets, exercise regimens, and magic pills for weight loss, Americans continue to grow larger and larger year after year. Diets abound, and the diet industry is huge. But the sad fact is that about 95 percent of people who lose weight on a diet gain it back in three to five years. You cannot lose weight permanently by strictly following any special diet, taking a weight-loss pill, or following an exercise regimen. You have to realize that losing weight involves a major lifestyle change.

What do I mean by lifestyle change? First, you will have to forget about dieting! Typically, you “go on” a diet, which implies that at some point you “go off” it. A typical diet is something you do for a specified period of time. What usually happens when you “go off” the diet? You gain all the weight back. With this ten-day cleanse, we are going to retrain your taste buds to desire and crave healthier foods so you never have to think about dieting again.

I believe the first step in losing weight is detoxification. Without detoxification, millions of people worldwide lose the fight to lose weight permanently. There are many factors that contribute to weight gain, and one factor that is most overlooked by traditional diets is toxic overload. Simply

**LOSE WEIGHT WITH SMOOTHIE DIET**

put, people often have difficulty losing weight because their bodies are full of poisons. The more toxins you take in or are exposed to every day, the more toxins you store in fat cells in the body. Toxins stored in fat cells are difficult to get rid of through dieting alone. You must first detoxify the body. Thus, the most effective weight-loss programs should focus on both fat loss and detoxification, which lead to overall improved health and wellness.

I am a nutritionist, a certified weight-loss expert, author of the #1 bestseller *Lose Weight Without Dieting or Working Out*, and creator of the Detox-Eat-Move (DEM) System. For years, I've helped people lose weight without dieting so they can get their sexy back! The DEM System focuses on helping you detoxify, cleanse, and reset your taste buds so that you desire healthy, natural foods.

### **Why I Created the 10-Day Green Smoothie Cleanse**

Last year, after years of clean, healthy eating and detoxing, I was bedridden with mercury poisoning from my silver dental fillings! I had high levels of mercury in my brain, gut, liver, and kidneys. I couldn't get out of bed for two months. And when I did, just making the bed required that I lie back down to rest! My health, energy and motivation were at an all-time low.

After a long and slow recovery last year, I decided I needed to do something to get my health and energy back, as well as lose the twenty pounds I had gained while bedridden. I created the 10-Day Green Smoothie Cleanse after learning how raw greens can heal the body. Also, already an advocate of detoxing, I knew I needed to rid my body of excess waste and toxins that had accumulated as a result of the mercury poisoning.

Once I created the 10-Day Green Smoothie Cleanse, I asked if I could get ten of my family members and friends to do it with me for support. I was pleasantly surprised to find that about 100 of them wanted to do it! We created a Facebook group to keep one another motivated. Because the results were so phenomenal, in less than two months we had about 10,000 people join the Facebook group and decide to do the cleanse with us. In just ten days, folks were losing ten to fifteen pounds, getting energized, reversing health conditions, and feeling better than they had in years.

When I completed my first cleanse, I lost eleven pounds. My energy was high, my skin was radiant, and my digestion and bloating had improved. I felt renewed and motivated again! Before I began the cleanse, I had been taking twenty-four supplements a day to help my body recover from mercury poisoning. Since completing the cleanse, I have been taking only four supplements per day. I have such a positive outlook on my health and look forward to getting back to focusing on my life dreams and goals.

The 10-Day Green Smoothie Cleanse is a detox program that will help you lose weight, increase energy, reduce cravings, and improve overall health. You will detoxify your body through elimination of certain foods for ten days and reprogram your taste buds to desire healthy, nutrient-rich foods. After you complete the cleanse, you will never have to count calories or follow complicated or expensive meal plans or measure food again. Your body will naturally crave and desire healthy, natural foods.

During the 10-Day Green Smoothie Cleanse, you will give your body the quality nutrition it needs while cleansing your cells and insides. Vitamins, minerals, and other nutrients will be absorbed by your body more efficiently, allowing your cells to become like new as you begin to look and feel younger. What makes us feel old is sludge and waste in the body. Anti-aging creams and cosmetic surgery won't clean that out. Your skin will look more youthful because your cells will become tighter and healthier. Aging, dull, dry skin; puffiness; dark circles; and wrinkles will start to fade away. It is possible to look and feel better now than you did a decade ago. You will feel like you're growing younger, not older! In short, you'll learn how to become young, healthy, and energetic from the inside out.

I guess you could say that I have fallen in love with green smoothies and want the world to know it! Every day, green smoothies change the lives of so many people, including my own family and friends. I've had thousands personally thank me for introducing them to green smoothies. Anyone who has tried green smoothies can't help but share the experience with others.

I am committed to drinking green smoothies every day and getting as many people as I can to drink them as well. Will you join me in this journey to heal the body, lose weight and increase energy levels? By doing this, you will never have to worry about weight again.

Are you ready to look slimmer, healthier, and sexier than you have in years?

This is an amazing way to transform your health in just ten days. So get ready to start your 10-Day Green Smoothie Cleanse!

## **LOSE WEIGHT WITH PLANT BASED DIET**



## **Chapter 1**

### **What Is the 10-Day Green Smoothie Cleanse?**

The Green Smoothie Cleanse is a ten-day detox/cleanse made up of green leafy veggies, fruit, and water. Green smoothies are filling and healthy, and you will enjoy drinking them. Your body will also thank you for drinking them. You can expect to lose some weight, increase your energy levels, reduce your cravings, clear your mind, and improve your digestion and overall health. It is an experience that will change your life if you stick with it!

*Most common health improvements after the 10-Day Green Smoothie Cleanse:*

- Weight loss (most lose 10–15 pounds when they stick to the regimen)
- Increased energy
- Mental clarity
- Better sleep
- Reduced cravings
- Better digestion
- Less bloating

#### **Why Detox/Cleanse the Body?**

There are many factors that contribute to weight gain, and the one that is most overlooked by traditional diets is excess toxins in the body. When the body is overloaded with toxins, it transfers energy away from burning calories to work harder to detoxify the body. In other words, the body does not have the



energy to burn calories. However, when the body is efficiently getting rid of toxins, the energy can be used to burn fat.

Simply put, traditional diets so often don't work because they don't address the toxic waste in the body. Counting calories does not detoxify and cleanse the body. Weight loss won't be permanent if your body's systems are sluggish or impacted with waste matter or toxins. You must first rid your body of toxins to ensure that your body can best metabolize the food you eat without leaving excess waste, which results in weight gain.

The following symptoms indicate the presence of excess toxins in the body: bloating, constipation, indigestion, low energy, fatigue/brain fog, depression, weight gain, chronic pain, infections, allergies, headaches, and gut/digestion problems.

### **Do You Need to Detox/Cleanse? Take this Self-Assessment Quiz!**

Take this quiz to determine whether you have toxic overload in your body leading to weight gain and poor health.

*Read each question and give yourself one point for every "yes" answer.*

- Do you crave sweets, bread, pasta, white rice, and/or potatoes?
- Do you eat processed foods (TV dinners, lunchmeats, bacon, canned soup, snack bars) or fast foods at least three times a week?
- Do you drink caffeinated beverages like coffee and tea more than twice daily?
- Do you drink diet sodas or use artificial sweeteners at least once a day?
- Do you sleep less than eight hours per day?
- Do you drink less than 64 ounces of good, clean water daily?
- Are you very sensitive to smoke, chemicals, or fumes in the environment?
- Have you ever taken antibiotics, antidepressants, or other medications?
- Have you ever taken birth control pills or other estrogens, such as hormone replacement therapy?
- Do you have frequent yeast infections?
- Do you have "silver" dental fillings?
- Do you use commercial household cleaners, cosmetics, or deodorants?

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

