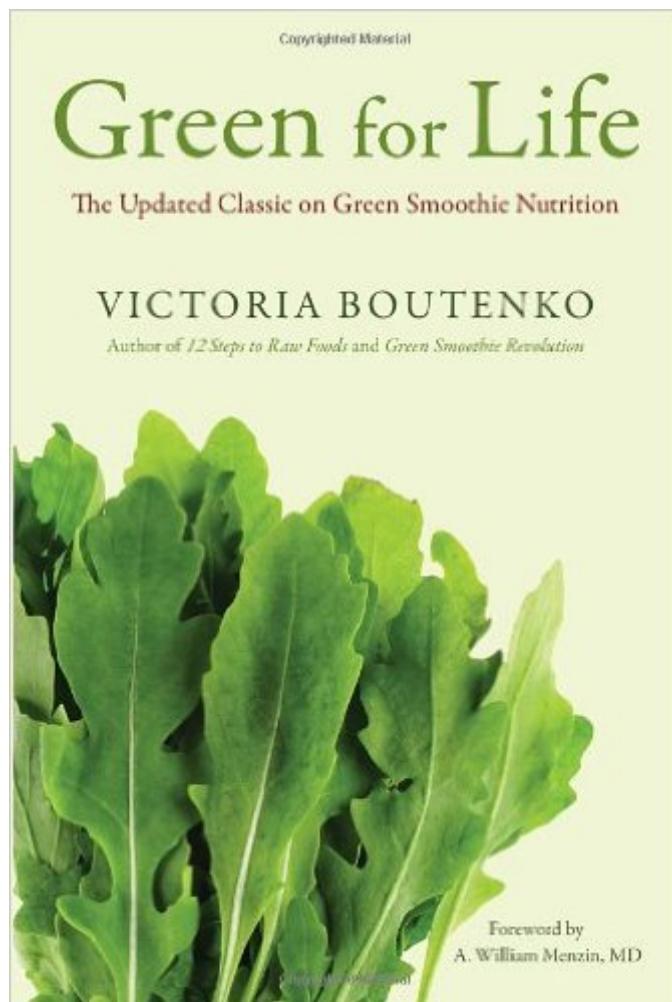


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Green For Life: The Updated Classic On Green Smoothie Nutrition



Synopsis

Everyone knows they need to eat more fruits and vegetables, but consuming even the minimum FDA-recommended five servings a day can be challenging. In *Green for Life*, raw foods pioneer Victoria Boutenko presents an overlooked powerhouse of nutrition in this equation: greens. For their bounty of minerals and nutrients, greens exceed other vegetables in value. *Green for Life* details the immense health benefits of greens and suggests an easy way to consume them in sufficient quantities: the green smoothie. This quick, simple drink benefits everyone, regardless of lifestyle, diet, or environment. Green smoothies eliminate toxins, correct nutritional deficiencies, and are delicious as well. *Green for Life* includes the latest information on the abundance of protein in greens, the benefits of fiber, the role of greens in homeostasis, the significance of stomach acid, how greens make the body more alkaline, the healing power of chlorophyll, and more. Also included are the results of a pilot study demonstrating the effectiveness of adding just one quart of green smoothies a day to oneâ™s diet, without changing anything else in dietary intake. Green smoothie testimonials and recipes give readers confidence and motivation in exploring green smoothies for themselves. This updated edition offers important new research on the role that omega-3 and omega-6 fatty acids play in metabolic health and includes nutritional data on select green smoothies and updated findings on organic versus conventional produce. Offering more in-depth nutritional and experiential information than Boutenkoâ™s recently released *Green Smoothie Revolution*, *Green for Life* makes an ideal companion piece to its recipe-rich successor.

Book Information

Paperback: 224 pages

Publisher: North Atlantic Books; 1 edition (October 5, 2010)

Language: English

ISBN-10: 155643930X

ISBN-13: 978-1556439308

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (524 customer reviews)

Best Sellers Rank: #41,087 in Books (See Top 100 in Books) #22 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #53 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #69 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian

Customer Reviews

What a wonderful book! For the past 20 years I've been on a quest to eat more natural foods, and my health improved drastically. But I still suffered from junk food cravings...until I discovered Green for Life! Following Victoria's advice, I added lots of GREENS to my fruit smoothies, and the first day I did so MY FOOD CRAVINGS STOPPED. Bang. Just vanished. Just like my brain's "cravings switch" was flipped to the OFF position. Apparently my body had been craving minerals all those years, and once I started eating GREENS the cravings stopped. And I'm finally trimming down! Victoria's research in this area is much needed, and much appreciated. I especially love the chapter on the chimpanzees and their daily eating habits. My wife and I participated in one of Victoria's Green for Life teleconferences, and we loved it. She speaks from her heart, is really a nice lady, and this was one of the best conferences ever. We love Victoria! And we sure love the changes that are happening in our bodies! Get this Green for Life book, make yourself some green smoothies, and watch your food cravings vanish. This is the secret to losing weight! :) Thanks, Victoria, for Green for Life!

I was diagnosed with IBS almost a year ago, and tried my best to control it through diet (check out Heather VonVorous' Eating for IBS), but I would still have flare-ups, especially during stressful times. The green smoothies are not only easy to digest (b/c it's all blended for you) but they do wonders to regulate your GI tract. I have not had a flare-up since I started drinking my smoothies. If you have IBS, acid reflux, heartburn, or any other digestive issues you owe it to yourself to read this book.

I don't write many reviews but had to in this case. I would not call this a book, but more like a large pamphlet. It contains 166 pgs of which only 7 are the green smoothie recipes. Testimonials consist of 45 pgs., that's right 45, way overdone to provide verbiage where the rest of the book is lacking. There is very little substance to this 'book'. The obvious message is to consume more greens through the use of smoothie drinks and the author gives very few facts to back up the claims. Though I have never doubted the need to consume far more greens, I wanted to learn of more factual information. I also wanted to see lots of recipes with variety. I was left disappointed there. I never did find any credentials for the author, Victoria Boutenko. I only assume they are good and she is a knowledgeable nutritionist of some sort. But the facts are lacking in this book, would like to see more detail. I cannot recommend the book.

My boyfriend and I have slowly been making our way towards foods that are alive, but we were struggling. And then I found Victoria's book. Reading chapter after chapter I found myself wanting to give these green smoothies a try. So, we finally bought the VitaMix blender, and away we went! Now, after food cravings have diminished, toe nail fungus' vanished, and acne is a past memory...we are HAPPY, calmer and loving our daily green smoothies. Thank you so much, Victoria! You've had a dramatic impact on our family! I would recommend this book to everyone...and I do!

Mrs. Boutenko is incredibly thorough. This book details aspects about nutrition and health that I have not heard about before. I have found that it is influencing my choices at the store and the kitchen. I have been enjoying the smoothie recipes and making up my own. The intent of this book is the help people live with greater health and I am finding that to be true. I have more energy and the smoothies are really powerful positive medicine. I have been buying the book for friends and loaning mine out. Get it and start blending. Don't worry about having to buy a new super blender, just use your old one. My black and decker works fine.

If you are looking to transition to a more healthy style of eating, this would be a good place to start. It as a very easy read, without a lot of morality or spirituality involved, more plain common sense. The book is roughly 150 pp, however, only the first hundred or so talk about the smoothies and benefits. This is really all the author needs to get the point across. The last 50 pages are testimonials from an impromptu study that the author did near her home in Oregon. The author states that she did a mountain of research to back up her theory about green smoothies, I would like to see more of her sources quoted. Studies, papers, even quotes from experts. While I am fully on board with most of her theories, trying to get others to go along without scientific proof is a tough sell. Also, a couple of the testimonials seem a little far-fetched and this small complaint goes along the same vein as above, proof. I have no doubt these people are into the lifestyle, and benefit greatly from the smoothies. However, I really do want to see some medical proof of moles falling off, male pattern baldness starting to come back, and gray hair returning to color. I believe one person even said their cancer was cured. If you get nothing else from this book, get the recipes. It is a very simple start to getting your daily greens. Don't try to quit your current eating habits cold turkey. Read this book and get the theory. It will give you more to think about when you open the fridge for a snack. Slowly use these smoothies to start a gradual change. Personally, I just use organic 'spring mix' in almost every smoothing I make. This way I get benefits of several different leafy greens everyday. I have recommended this book to several friends and family as a starting point...give it a

shot.

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2 - Superfoods Red Smoothies)

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