

NEW YORK TIMES BESTSELLER

# 10-DAY *Green* SMOOTHIE CLEANSE

Lose Up to  
15 Pounds in  
10 Days!

JJ Smith

10-DAY *Green*  
**SMOOTHIE**  
CLEANSE

*JJ Smith*

## **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



## *Contents*

<i>Introduction</i> . . . . .	xi
<b>Chapter One</b>	
What Is the 10-Day Green Smoothie Cleanse? . . . . .	1
<b>Chapter Two</b>	
Why Green Smoothies? . . . . .	7
<b>Chapter Three</b>	
Getting Prepared . . . . .	17
<b>Chapter Four</b>	
How to Do the 10-Day Green Smoothie Cleanse . . . . .	23
<b>Chapter Five</b>	
JJ's Personal Tips for Success . . . . .	35
<b>Chapter Six</b>	
How to Continue Losing Weight After the Cleanse . . . . .	45
<b>Chapter Seven</b>	
Five Detox Methods to Enhance Your Cleansing . . . . .	59
<b>Chapter Eight</b>	
Frequently Asked Questions (FAQs). . . . .	69
<b>Chapter Nine</b>	
Testimonials . . . . .	77
<b>Chapter Ten</b>	
Success Stories . . . . .	93
<b>Chapter Eleven</b>	
Conclusion . . . . .	105

## **APPENDIX A**

Over 100 Green Smoothie Recipes for Different Goals .	109
Anti-Aging . . . . .	110
Athletic Performance . . . . .	112
Beauty (Healthy Hair, Skin, and Nails) . . . . .	115
Bones and Joints . . . . .	119
Constipation . . . . .	121
Detoxification . . . . .	123
Diabetes/Blood Sugar Control . . . . .	126
Energy . . . . .	129
Heart Health . . . . .	131
Immune Boosting . . . . .	134
Kid-Friendly . . . . .	136
Mood-Enhancing . . . . .	139
Stress . . . . .	143
Weight Loss and Fat Burning . . . . .	145
Miscellaneous . . . . .	150

## **APPENDIX B**

Clean, High Protein Recipes . . . . .	155
---------------------------------------	-----

## *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

### *Welcome to the 10-Day Green Smoothie Cleanse!*

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,

## 10-DAY GREEN SMOOTHIE CLEANSE

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 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,

## Introduction

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.

## 10-DAY GREEN SMOOTHIE CLEANSE

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.

## Introduction

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!



## CHAPTER ONE

# 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



## 10-DAY GREEN SMOOTHIE CLEANSE

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

There are many factors that contribute to weight gain, and the one that is most overlooked 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.

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

### 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?

## 10-DAY GREEN SMOOTHIE CLEANSE

- Do you use commercial household cleaners, cosmetics, or deodorants?
- Do you eat non-organic vegetables, fruits, or meat?
- Have you ever smoked or been exposed to secondhand smoke?
- Are you overweight or do you have cellulite fat deposits?
- Does your occupation expose you to environmental toxins?
- Do you live in a major metropolitan area or near a big airport?
- Do you feel tired, fatigued, or sluggish throughout the day?
- Do you have difficulty concentrating or focusing?
- Do you suffer bloating, indigestion, or frequent gas after eating?
- Do you get more than two colds or the flu per year?
- Do you have reoccurring congestion, sinus issues, or postnasal drip?
- Do you sometimes notice you have bad breath, a coated tongue, or strong-smelling urine?
- Do you have puffy eyes or dark circles under your eyes?
- Are you often sad or depressed?
- Do you often feel anxious, antsy, or stressed?

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

- Do you have acne, breakouts, rashes, or hives?
- Do you have less than one bowel movement per day and/or get constipated occasionally?
- Do you have insomnia or trouble getting restful sleep?
- Do you get blurred vision or itchy, burning eyes?

### Results

The higher your score, the greater the potential toxic burden you may be carrying and the more you may benefit from a detoxification and cleansing program.

- ***If you scored 20 or higher:*** You will *significantly* benefit from detoxifying your body, which could lead to weight loss and improved health and vitality. It is strongly recommended that you look into different ways to detoxify the body.
- ***If you scored between 5 and 19:*** You will *likely* benefit from a detoxification program for improved health and vitality.
- ***If you scored below 5:*** You might actually be free of toxic overload in the body and living a very healthy, toxin-free life. Good for you!

Although our bodies have the ability to eliminate toxins, it's when the body gets overloaded with toxins that it stores them in fat cells. Fat cells don't get broken down very easily, so they literally weigh down the body and make it bigger. As toxins accumulate, we begin to experience health problems like allergies, migraines, major diseases, and fatigue/low energy.

## 10-DAY GREEN SMOOTHIE CLEANSE

The 10-Day Green Smoothie Cleanse is a truly health-transforming experience. Here is how you do it:

1. Each day you drink up to 60 ounces of green smoothies per day. Simply prepare your entire day's worth of green smoothies in the morning and pack it up to take with you. Keep it refrigerated as much as possible. Drink one-third every three to four hours throughout the day or sip on the smoothie as you get hungry.
2. You may snack on apples, celery, carrots, cucumbers, and other crunchy veggies throughout the day. Other high-protein snacks include unsweetened peanut butter, hard-boiled eggs, and raw or unsalted nuts and seeds (only a handful).
3. Drink at least eight glasses of water (64 ounces) per day as well as detox or herbal teas, as desired.
4. Perform one of the two methods for colon cleansing, as needed (see chapter 5).
5. **DO NOT CONSUME** refined sugar, meat, milk, cheese, liquor, beer, coffee, sodas/diet sodas, processed foods, fried foods, refined carbs (white bread, pastas, donuts, etc.)

Also, be sure to join our Facebook group to get support, encouragement, and tips from me and others at:

<https://www.facebook.com/groups/Green.Smoothie.Cleanse/>

So let's learn how to detox to jumpstart losing weight and getting healthy! Keep reading!

## CHAPTER TWO

### Why Green Smoothies?

**G**reen Smoothies are quickly taking the health world by storm! Green smoothies are surprisingly simple, consisting of raw organic fruit, raw organic leafy greens, and water. (The recommended fruit:greens ratio is 6:4.) Despite their simplicity, green smoothies provide a ton of nutritional benefits that lead to a healthier lifestyle. These benefits include weight loss, increased energy, reduction in food cravings, clearer skin, and much more.

#### Ten Great Reasons to Drink Green Smoothies

1. **NUTRIENT-RICH:** The ingredients in smoothies are all raw and thus more nutritious. The extremely high temperatures often used during cooking destroy many of the nutrients in our food. Green smoothies are loaded with beneficial vitamins, minerals, antioxidants, anti-inflammatory substances, phytonutrients, fiber, water, and more! They are also stuffed with chlorophyll, which is similar in structure to the hemoglobin in human blood. So drinking green smoothies is much like receiving a cleansing blood transfusion.

## 10-DAY GREEN SMOOTHIE CLEANSE

2. **WEIGHT LOSS.** If you are trying to lose weight, you will be pleasantly surprised to learn that green smoothies are an excellent way to do so. They have a high water content and are filled with green leafy veggies, which you can eat in abundance and still not gain weight. They also have a high fiber content that will help you stay full and reduce cravings.
3. **DETOXIFICATION.** Our body naturally tries to eliminate toxins, but overexposure to any of them will slow down the body's detoxification systems. The reality is that you can assist the body in detoxifying and eliminating toxins that cause weight gain and harm your health. You can and should detoxify and cleanse the body if you want to live better and live longer. After your body utilizes nutrients from the food you eat, it must dispose of the unused food particles and waste produced by the digestive process. Without proper and complete elimination, undigested food can back up and leave toxins and waste in your body. But thanks to green smoothies, you can get the fiber you need to cleanse your body, tone your digestive system, and eliminate toxins.
4. **VIBRANT, RADIANT HEALTH.** A healthy body is vibrant, full of energy and life! I believe that natural, healthy eating is the secret to inner and outer beauty. When you eat natural, raw foods, you simply look and feel better and younger. Once you eat in a manner that keeps your cells clean and healthy, you will begin to look radiant, despite your age. Human beings are designed to eat a diet primarily made up of fruits, vegetables, seeds, and nuts. With these types

## Why Green Smoothies?

of natural, healthy foods, our bodies flourish and receive all of the necessary nutrients to keep our bodies toxin-free and looking our most beautiful. When you start drinking green smoothies, one of the first places where you'll see changes is in the quality of your skin. Healthy eating and living will remove years from your face, eliminate wrinkles, fade age spots, and give you a "second youth." Your skin will become supple, and acne will clear up. Your eyes will become brighter and begin to sparkle. The dark circles and puffiness will diminish as will the yellowness in the whites of your eyes. On the inside of your body, your cells will become rejuvenated as well, causing your organs to function more efficiently.

5. **EASY TO DIGEST.** Green smoothies are much easier to digest and metabolize than solid food. Just because you "eat" the right amount of fruits and vegetables every day does not mean you are automatically getting all the nutrients necessary for your health and well-being. There are many people who cannot effectively digest solid whole food, so the nutrients from the food are not completely absorbed by the body. Green drinks, which are in a blended, liquid form, are far easier to metabolize. In fact, these delicious smoothies are so bio-available that their nutrients start to get absorbed by the body even while the smoothie is still in your mouth!
6. **IMPROVE DIGESTION.** Today's standard American diet (SAD) has created numerous digestive issues such as heartburn, acid reflux, colitis, Crohn's disease, and irritable bowel syndrome (IBS), just to



## 10-DAY GREEN SMOOTHIE CLEANSE

name a few. The root of most digestive issues is low production of hydrochloric acid in the stomach. If enough stomach acid isn't produced during digestion, much of the food we eat goes through the digestive tract largely undigested, creating gas, bloating, and other digestive disturbances. Once undigested food builds up as plaque on the intestinal lining, it sets the stage for disease. Processed foods, excessive gluten and proteins, fried foods, and other unhealthy fats are the main reasons behind these digestive issues. Since green smoothies are thoroughly blended, the majority of the work your digestive system would normally need to do is already done. Your body can then more easily extract the nutrients needed for optimum health.

7. **HYDRATION:** Staying hydrated gives you energy and helps ensure that your brain, muscles, digestive system, and immune system all work properly. Being dehydrated can be very dangerous. Drinking soda or coffee, eating processed foods, and smoking cigarettes all dehydrate the body. The best way to tell whether you are sufficiently hydrated is to check the color of your urine. If it is very pale, yellow, or clear, then you are properly hydrated. You do not want it to be a strong yellow color. It's easy to forget to drink water throughout the day because of our busy, hectic lives. Many don't like the taste of water, but it is essential to a healthy, functioning body. To improve the taste of water, just add in fresh-squeezed lemon juice. Green smoothies allow you to rehydrate your body thanks to their high water content.

## Why Green Smoothies?

8. **SIMPLY DELICIOUS.** The sweet taste of the fruit in the smoothie offsets the taste of the greens, making for a tasty and filling meal or snack. Many people who turn their noses up at green smoothies when they first see them become hooked after they taste them! Even children love the taste.
9. **EASY TO MAKE.** Preparation time is five minutes or less, and cleanup is quick and easy, too. If you place all of your ingredients in a plastic bag in the evening, all you'll need to do in the morning is toss them in the blender the next morning. After you finish blending, you simply rinse the blender and it's ready for the dishwasher. The storage, blending, and cleanup really take only five minutes a day.
10. **UNLIMITED NUMBER OF RECIPES.** There are over a hundred green smoothie recipes in this book and many more online with which you can experiment. That means your taste buds never have to get bored. There are so many possible fruit, greens, and liquid combinations that you can literally have a different recipe for each day of the year. I keep my favorite recipes on index cards so I can use them over and over again.

I could go on and on about the numerous health benefits of green smoothies, but you'll learn more of them as we go through this book. When you try them, you'll soon discover the wonderful health benefits yourself.

### WHICH GREENS AND WHY?

Here's a list of the most popular greens to use in green smoothies. Keep in mind that they are in alphabetical order, not necessarily in order of the most nutritious.

- **Arugula:** Arugula is a great source of folic acid as well as vitamins A, C, and K, and provides a boost for bone and brain health. It has a zippy, peppery flavor.
- **Beet Greens:** Beet greens are the leafy tops to the beet vegetable. They are rich in vitamin K. They are known to help improve vision, help prevent Alzheimer's, and boost the immune system.
- **Bok Choy:** Bok choy is a Chinese cabbage that is mild tasting and crunchy. It is full of vitamins A, C, and calcium, as well as antioxidants.
- **Chard (aka Swiss Chard):** Chard is a green leafy vegetable that displays red stalks, leaf veins, and stems. It has a beet-like taste and a mild texture. It is known to help prevent cancers and is good for cleansing the digestive system.
- **Collard Greens:** Collards are green leafy vegetables that are nutritionally similar to kale but chewier and with a much stronger taste. They are a superior agent for binding to bile acids throughout the digestive tract, which makes them very good at lowering cholesterol.
- **Dandelion Greens:** Dandelion greens look like weeds in your lawn, but they are yet another great source of vitamins A and K. They help the digestion process and can help constipation issues because they are a natural laxative.

## Why Green Smoothies?

- **Kale:** Kale is lightweight with ruffled leaf edges. It is loaded with vitamins A, C, K, and more. It is known for lowering the risks associated with developing prostate, ovary, breast, colon, and bladder cancers.
- **Lettuce:** Lettuce has been a popular staple in salads since the time of the Ancient Egyptians. It contains essential amino acids and vitamins. Be sure to eat lettuces with dark green leaves to get the highest nutritional value. Romaine lettuce, in particular, has high levels of vitamin C, K, and A and is a good source of folic acid.
- **Mustard Greens:** Spicy mustard greens are effective in lowering cholesterol and provide a healthy dose of riboflavin, niacin, magnesium, and iron. They are a storehouse of phytonutrients that have many disease-preventing properties.
- **Parsley:** Parsley is rich in antioxidants, minerals, vitamins, and fiber and is known to help reduce aging and regulate blood sugar levels.
- **Spinach:** Perhaps the most beloved green leafy vegetable of them all, spinach is mild tasting and not as bitter as other greens. Its dark green leaves really pack a punch with high levels of omega-3s, calcium, magnesium, and vitamins A, C, E, and K. When most people start drinking green smoothies, they start with spinach!
- **Turnip Greens:** Turnip greens, although slightly bitter, are very flavorful. Turnip greens are effective at providing many numerous health benefits, but they stand out amongst other green leafy veggies in their ability to fight the development of cancerous cells.

## 10-DAY GREEN SMOOTHIE CLEANSE

### *Milder-Tasting Greens:*

- Baby beet greens
- Baby bok choy
- Butter lettuce
- Carrot top greens
- Kale
- Romaine lettuce
- Spinach
- Swiss chard

### *Stronger-Tasting Greens:*

- Arugula
- Collard greens
- Dandelion greens
- Mustard greens
- Radish tops
- Sorrel
- Turnip greens
- Watercress

## **HOW IS BLENDING DIFFERENT FROM JUICING?**

Juices and smoothies both have their health benefits, but I feel that in most cases, blending provides a wider range of benefits than juicing. Smoothies have more fiber, fill you up better, and are both less expensive and less time-consuming to make.

## Why Green Smoothies?

Smoothies contain whole foods with loads of fiber. In juicing, the pulp is discarded and you lose essential fiber. The main argument for those who prefer juicing is that the absence of fiber provides easy absorption of nutrients straight into the bloodstream with little digestion required, and this allows the digestive system and body to heal. But fiber is critical for slowing the passage of food through the stomach and it keeps sugars from getting into the bloodstream too quickly. This helps regulate blood sugar and aids in weight control. Consuming greens in your smoothies helps to balance blood sugar, and the high fiber content of greens helps slow carbohydrate digestion.

Smoothies are more filling than juices, leaving us full and satisfied and less likely to overeat throughout the day. This is excellent news for those who wish to lose weight. It is very easy to replace a meal with a smoothie, and many do this for breakfast every day.

Smoothies are less expensive because it takes less fruit and vegetables to make a smoothie than it does to make the same size glass of juice. When we drink green smoothies, we are filled up longer so this also prevents us from needing to buy a lot of other food throughout the day.

Blending is faster than juicing and easier to clean up afterwards. To make juice, all the fruit and vegetables must be cut up small enough to fit into the juicer and then processed one piece at a time. To make a smoothie, the fruits and veggies can go into the blender all at once. Additionally, a juicer must be taken apart to be cleaned and then put back together, which requires a lot of time and cleanup. Blenders just require rinsing, with no parts to disassemble.

## 10-DAY GREEN SMOOTHIE CLEANSE

It's also easy to add superfoods, like maca or acai berries, to blenders as they will be blended through very evenly.

### THE PROTEIN MYTH

Green smoothies that consist of 40 percent greens are a great source of protein. Greens provide protein in the form of amino acids, the building blocks of protein. These are easier for the body to utilize than complex proteins like those found in meats and other animal products. Greens supply ample amounts of amino acids, which provide us with all the protein we need.

When one eats foods that contain proteins, the digestive system has to break down the proteins into individual amino acids in order for the body to utilize them. The proteins found in animal products are extremely difficult to digest, and after being cooked, they're even harder for the body to break down and utilize. The body spends so much energy breaking down these proteins into amino acids that much of their nutritional value is rendered invaluable to the body.

If you feel you need additional protein because of a heavy workout, feel free to add protein powder in your blender to add to your green smoothie.



**Join Thousands of Others Doing the 10-Day Green Smoothie Cleanse on Facebook! You will get support, encouragement and motivation at**

<https://www.facebook.com/groups/Green.Smoothie.Cleanse/>

**Purchase the #1 NY Times Bestseller, 10-Day Green Smoothie Cleanse, at the following locations:**

**Paperback:**

Barnes & Noble, Books-A-Million, Target, Walmart, BJ's, Costco and Select Whole Foods

**Amazon:**

<http://tinyurl.com/ofsr93>

**B&N:**

<http://tinyurl.com/q9vgtlm>



**E-book:**

**Amazon eBook/Kindle:**

<http://tinyurl.com/l5mlq3o>

**B&N Nook:**

<http://tinyurl.com/m5vr2nc>

**iTunes:**

<http://tinyurl.com/mbc6pmo>

**Blio:**

<http://tinyurl.com/m6ue6ln>

**BAM:**

<http://tinyurl.com/m3ztumu>

**Google Play:**

<http://tinyurl.com/pou7mth>