



10-Day Green Smoothie Cleanse by JJ Smith

New Book, the *10-Day Green Smoothie Cleanse* is Helping Thousands of People Reclaim Their Health and Quickly Lose Up to 15 Pounds in 10 Days

The 10-Day Green Smoothie Cleanse is a fast, convenient and healthy plan to jump-start weight loss, increase energy levels, clear the mind, and improve overall health.

Washington, D.C. March 2014

Best-selling author, nutritionist and certified weight loss expert JJ Smith releases her much anticipated book, *The 10-Day Green Smoothie Cleanse* - an easy-to-follow plan that will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health. With each beverage comprised of supernutrients from leafy greens and fruits, green smoothies are filling, healthy and a joy to drink. In the book, JJ provides readers with a shopping list, recipes, detailed instructions for the 10-day cleanse, suggestions for getting the best results, and advice on how to continue to lose weight and maintain good health after the cleanse.

“I created the 10-Day Green Smoothie Cleanse after learning how raw greens can heal the body. I was already an advocate of detoxing, so I knew I needed to rid my body of excess waste and toxins that had accumulated as a result of my bout with mercury poisoning that had left me bedridden for two months,” says author JJ Smith.

After developing the cleanse, JJ created a Facebook group and enlisted 10 family members and friends to join her on her journey back to health. To her surprise, 100 people joined her group and started the cleanse immediately, and thousands more in the weeks ahead.

JJ says, “Through the Facebook group, which grew to 10,000 people in the first few weeks, I realized there were thousands of other people who were craving a simple solution to cleanse their systems, lessen cravings for unhealthy foods and lose weight. This book was a labor of love written just for them.”

Those who successfully complete the 10-Day Green Smoothie Cleanse as outlined in the book will:

- Lose 10–15 pounds in 10 days
- Get rid of stubborn body fat, including belly fat
- Drop pounds and inches fast, without grueling workouts
- Learn to live a healthier lifestyle of detoxing and healthy eating
- Help the body naturally crave healthy foods so they never have to diet again
- Receive over 100 green smoothie recipes for various health conditions and goals

For those who are ready to look slimmer, healthier, and sexier than they have in years, the 10-Day Green Smoothie Cleanse is the answer they've been waiting for.

About The Author:

JJ Smith is the author of the #1 Amazon bestseller and *USA Today* bestseller *Lose Weight Without Dieting or Working Out!* JJ Smith is a nutritionist and certified weight-loss expert who has been featured on *The Steve Harvey Show*, *The Montel Williams Show*, and *The Jamie Foxx Show* and on the NBC, FOX, and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a “second youth” in her forties, JJ has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! To learn more, check out www.JJSmithOnline.com.

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The 10-Day Green Smoothie Cleanse

By: JJ Smith

ISBN: 978-0-9823018-2-1

Pub Date: March 1, 2014

Price: \$16.99 Paperback/E-book \$9.99

The 10-Day Green Smoothie Cleanse

What is the 10-Day Green Smoothie Cleanse?

The 10-Day Green Smoothie Cleanse is a ten-day detox program made up of leafy veggies, fruit and water. The 10-Day Green Smoothie Cleanse 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.

What Will I Experience on the 10-Day Green Smoothie Cleanse?

- You will give your body the quality nutrition it needs while cleansing your cells and insides.
- You will begin to look and feel younger.
- You will lose weight (most lose 10-15 pounds when they stick to the regimen)
- You will experience increased energy and mental clarity.
- You will get rid of unhealthy cravings and eat foods that make you **feel alive and energetic**.
- You will experience better sleep, better digestion and a better quality of life.

Why Detox/Cleanse the Body?

- The most overlooked factor contributing to weight gain 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
- 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
- Counting calories does not detoxify and cleanse the body

Why Green Smoothies?

Despite the simplicity, green smoothies provide a ton of nutritional benefits that lead to a healthier lifestyle. Great reasons to drink Green Smoothies:

- Nutrient-Rich. The ingredients in smoothies are all raw, healthy and nutrient-rich
- Weight Loss. The high water content and green leafy veggies means you can eat in abundance and not gain weight
- Detoxification. Green smoothies provide the fiber you need to cleanse your body, tone your digestive system and eliminate toxins.
- Vibrant, Radiant Health. When you eat natural, raw foods, you simply look and feel better and younger
- Improved Digestion. Green smoothies are much easier to digest and metabolize than solid food.
- Hydration. Green smoothies allow you to rehydrate your body thanks to their high water content
- Simply Delicious. The sweet taste of fruit in the smoothie offsets the taste of the greens, making for a tasty and filling meal or snack
- Easy to make. Preparation time is five minutes or less, and cleanup is quick and easy.
- Unlimited number of Recipes. There are so many possible fruit, greens, and liquid combinations that you can literally have a different recipe for each day of the year

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.

Here's What Others Are Saying About... **The 10-Day Green Smoothie Cleanse**

“This 10 day green smoothie cleanse has been amazing!”

“I'm feeling more energetic, my eyes are clear, lower back pain has decreased, and I'm in an overall great mood. It has been awesome, I can literally feel my body go into happy mode when I have a smoothie. It just says ahhhhhhhhhhh!!! Today is day 10. I have lost 13 pounds as of yesterday. I wasn't really clocking the scale, but I have noticed the belly fat melting away. I don't feel bloated. My mood is steady. I was a bit cranky the first day or so, but it quickly went away. This cleanse has most definitely helped me continue to reach my fitness goals and I look forward to this ongoing lifestyle change. Thanks to JJ Smith for her vision of health for people.”

—Wilson G.

“I lost 14 pounds in 10 days and have clarity and more focus!”

“10-Day Green Smoothie should be renamed to more energy, proper sleep, and a healthier you. Because that's exactly what I feel. My insomnia is going. I have more energy than my mind can keep up with. I'm more conscious when I pick up something to purchase to eat. I dropped 14 pounds, which is a blessing for me. I have clarity and I'm more focused. Go figure! Change your diet, change your life. This is not just a 10-day cleanse, this is a life-changing cleansing. For all of you that struggle in the beginning of the cleanse, your body and your mind will thank you for it later. The headaches will subdue, and your skin will be radiant. And your energy level will sky rocket. Thanks for this life-changing experience.”

—Chantel R.

“I lost 15 pounds in 10 days and have a renewed life!”

“You see, I have been abusing food for the last seven or eight years, and my body definitely suffered as a result. I stepped on the scale New Year's Eve, and I was at my heaviest weight in my entire life. On January 1, 2014, with much prayer and excitement, I began the 10-Day Green Smoothie Cleanse. I cannot even say it was challenging because I felt more and more awesome with each passing day. So on to the good stuff. Here's what this cleanse did for my body:

- I lost a total of 15 pounds in 10 days.
- My energy level has soared.
- My body aches and pains have disappeared.
- I realized I don't need that cup of coffee in the morning to start my day. I'm actually energized.
- The bottom of my feet ached for months so badly that I thought I had plantar fasciitis. Since I've done the cleanse, the pain is there but very minimal.
- I had very sensitive areas in my mouth. That pain is completely gone.
- My hair, which seemed so brittle for years, actually felt strong and healthy. I could comb through it with little to no breakage (a first in years).
- My fingernails are rock hard.
- When I started the cleanse, I felt a sinus infection coming on. My body self-cured the infection without antibiotics (another first for me).
- Last but not least, I feel motivated, inspired, and accomplished.

Stumbling upon this cleanse has been more than a blessing. It gave me renewed life. JJ, thank you so much for sharing your knowledge freely with so many people.”

—Nicole F.

“He lost 21 pounds and his blood pressure is now perfect!”

“I have the best father in the WORLD! When I said to him that he needed to do a detox, he did not question me. He trusted what I was telling him. My father has battled high blood pressure for as long as I can remember. Well, I have been on a health-learning journey for about two years now where I have learned amazing things about health. I have read several of JJ’s books, documentaries, etc. Halfway through the cleanse, I asked my dad if he felt any different. He said that he had more energy and that he was now able to walk up stairs without stopping to rest. Well, you cannot even understand the joy I felt. I felt accomplished. I felt that as long as my dad is good, I am most certainly good.

My dad and I completed the cleanse this past Tuesday. Woo-hoo!!! This Thursday he went to the doctor for his scheduled doctor's appointment and, drum roll, he had lost 21 pounds. Yes, 21 pounds. The doctor had been after him to lose weight for months. I'm not finished yet – his blood pressure was PERFECT!!! The doctor and the nurse asked him what was he doing, and JJ, he gave all the credit to me, but I give the credit to YOU and HIM. This man did not complain or anything; he did whatever I said he needed to do, which was what you said to do. He and I are continuing on this health journey with the green smoothies. JJ, again, thank you so very much for sharing your knowledge, caring, and your support!

—Tara L.

“I am down 17 pounds and thinking clearer, feeling great and sleeping like never before!”

Today is day 11 and still going strong!! I must admit I didn't think that I would finish after looking at all this green stuff (vegetables that is), but through a lot of prayer and soul searching I completed the cleanse on yesterday. I am thinking I clearer, feeling great, sleeping like never before and the energy I have now reminds me of my years gone by. I will not be going back to the way of eating like before. For the better news for me, I am down 17 pounds, pants falling down, shirts to loose, blood pressure is now at 113/67, 2 inches off waist and 3 inches off my stomach. I would like to say a big thanks to JJ Smith for your time and honesty about what will happen during this cleanse. You are helping to save many if we just be honest with ourselves and realize we can't do this alone. I am on a new journey to healthy green living.”

—Mike B.

“My 10-Day Smoothie Cleanse Detox Experience.”

1. I controlled my snack portions and prepped them for the first time EVER!
2. Lost 5 inches from my waist
3. Slept better and had more energy
4. My skin is clearer
2. I learned to substitute my soda cravings with fresh red grapefruit and stevia
3. I invested in whole foods and changed my perspective on the costs
4. Committed to myself and saw this plan all the way through
5. Gained clarity that food should not be a comforting escape but instead an energy source

6. Ran faster during my workouts
7. FINALLY...I lost 14 pounds and counting!!

“Thanks to JJ Smith for your support! I plan to continue with the modified version and later jump on board for another 10 days next month! God Bless You!”

—*Chiara M.*

“I am 9 pounds lighter and, most importantly, have a new relationship with food!”

“So today was my Day 10, and I must say I feel so much better than I did 11 days ago. Since September, I have been on and off a diet. But I realized diets don't work, and with this I realize it has to be an entire lifestyle change for me to yield and keep the results that I want. So with that said, I am 9 pounds lighter and, most importantly, I have a new perspective on my relationship with food in general. I want to thank EVERYONE for their support. I will keep everyone posted.”

—*Star S.*

“Completing this cleanse revealed that I AM in control of what I put in my body!”

“I am ECSTATIC to report that I successfully completed the cleanse and I still feel AMAZING! To be completely honest, I didn't approach the cleanse with a positive attitude at all! I didn't believe I could do it. I didn't believe it would change me. My excuses have always been, ‘Nothing else has worked so why would this be any different?’ and ‘I'm fighting my genetic make-up...everyone in my family has weight issues.’

I don't know how much weight I've lost because I didn't step on the scale before the cleanse, mainly because fear kept me from facing the truth. The truth about my poor eating habits and lack of discipline. Completing this cleanse revealed that I AM in control of what I put in my body, I CAN fight urges, I AM disciplined, and I CAN practice healthy eating habits. I actually believe it!!!”

About JJ Smith



JJ Smith is a nutritionist and certified weight-loss expert, passionate relationship/life coach, and inspirational speaker. She has been featured on *The Steve Harvey Morning Show*, *The Montel Williams Show*, *The Jamie Foxx Show*, and *The Michael Baisden Show*. JJ has made appearances on the *NBC*, *FOX*, *CBS*, *CNBC* and *CW Network* television stations, as well as in the pages of *Glamour*, *Essence*, *Heart and Soul*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a “second youth” in her forties, bestselling author JJ Smith has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! JJ Smith provides lifestyle solutions for losing weight, getting healthy, looking younger and improving your love life! To learn more, check out www.jjsmithonline.com.

JJ has dedicated her life to the field of healthy eating and living. JJ’s passion is to educate others and share with them the natural remedies to stay slim, restore health, and look and feel younger. JJ has studied many philosophies of natural healing and learned from some of the great teachers of our time. After studying and applying knowledge about how to heal the body and lose weight, JJ went on to receive several certifications—one as a certified nutritionist and another as a certified weight-management expert. JJ received her *certification as Nutritionist* from the Institute of Holistic Healing. JJ received her *certification as a Weight-Management Specialist* from the National Exercise and Sports Trainers Association (NESTA). She is also a member of the American Nutrition Association (ANA).

JJ’s newest book, *The 10-Day Green Smoothie Cleanse*, is a proven plan to safely and quickly detoxify the body, and jumpstart weight loss. Most people who follow the plan strictly experience weight loss of up to 15 pounds in only ten days. JJ’s last book, a #1 Bestseller, *Lose Weight: Without Dieting or Working Out!*, is a revolutionary system that teaches proven methods for permanent weight loss that anyone can follow, no matter their size, income level, or educational level. And the end result is a healthy, sexy, slim body.

JJ holds a B.A. in Mathematics from Hampton University in Virginia. She continued her education by completing The Wharton Business School Executive Management Certificate program. She currently serves as Vice President and Partner in an IT Consulting firm, Intact Technology, Inc. in Greenbelt, Maryland. JJ was also the youngest African-American to receive a Vice President position at a Fortune 500 company. Her hobbies include reading, writing and deejaying.

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Suggested Interview Questions for *The 10-Day Green Smoothie Cleanse*

1. You say the book was inspired by your recent bout with mercury poisoning. How did green smoothies help you restore your health?
2. Have will people who have had little success with traditional dieting respond to the 10-Day Smoothie Cleanse?
3. You mention how detoxification is such an important part of weight loss. How do green smoothies help detoxify the body?
4. How does detoxification factor in to weight loss?
5. The cleanse is made of leafy greens and fruits – what is the significance of the ingredients in your recipes?
6. Many people have had success losing weight on the Master Cleanse (Lemonade Diet). How is this cleanse different?
7. What foods do we have to avoid during the 10-Day Green Smoothie Cleanse?
8. How have people responded to the cleanse? How many pounds do you think your followers have lost since you first put the cleanse out in the market?

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Interview Topics and Suggested Interview Questions For JJ Smith

1. Why It's Important to Detoxify the Body

- a. What is the most overlooked factor contributing to weight gain?
- b. What happens when the body is overloaded with toxins?
- c. Why isn't calorie counting effective for detoxification?
- d. Why won't weight loss be permanent without detoxification?

2. The Green Smoothie Craze - Blending vs. Juicing

- a. Why do you say blending provides a wider range of benefits than juicing?
- b. What role does fiber play in detoxification/weight loss, and how does fiber intake differ when juicing vs blending?
- c. Why is blending less expensive than juicing?
- d. What are some of the other benefits of blending over juicing?

3. Tips for Successful Detoxification on the 10-Day Cleanse

- a. Does your blender matter? Why or why not?
- b. What detoxification symptoms should people expect, and how do they get past them?
- c. How can those suffering from diabetes participate in the cleanse?
- d. What are other methods of detoxification that can help release toxins?

4. What To Do If Weight Loss Stalls

- a. Is weight gain a part of the process? If so, when and how much weight?
- b. What should people check if two weeks have gone by and they've lost no more weight?
- c. How can people get their hormones balanced so they can continue to lose weight?

Interview Topics and Suggested Interview Questions for JJ Smith

5. Essential Greens For Health and Vitality

- a. We've all heard of spinach and kale, but what are some lesser known greens we can consume, and what are their healthy properties?
- b. How do different greens compare in flavor and health benefits?
- c. What are the best greens to use in Green Smoothies

6. Best and Worst Foods to Eat When Trying to Lose Weight

- a. What are some of the best foods we should be eating in order to lose weight?
- b. What foods should we avoid at all costs?
- c. What are some of the diet foods that seem healthy but ultimately lead to weight gain?

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