

# She lost 65 lbs at age 63!

## You can use super-nutrient smoothies to detox off 20 lbs in 10 days!



**IT WORKS!**

### Deborah lost 65 lbs!

After years of failed diets, Deborah Herald was frustrated. "Sometimes I'd lose weight, but I'd regain it all and more," recalls the Maryland grandmother. She was 63 when she heard about Smith's cleanse. "It seemed easy, so I started right away." Enjoying smoothies, snacks and healthy dinners, she was down a quick 12 pounds. "I felt so great, I never wanted to stop!" So she didn't. In eight months, she shed 65 pounds and has maintained her weight for four years. "I'm a post-menopausal woman who did this without exercise," says Deborah, now 67. "If I can do it, you can do it, too!"

**Deborah's best tip:** Sip throughout the day! "I'd take my smoothies in insulated bags to keep them cold, and I'd drink all day."

How did a cleanse built around ordinary supermarket ingredients get so hot? By giving real women a stress-free way to melt millions and millions of pounds . . .

The 10-Day Green Smoothie Cleanse has been America's number-one detox diet for four years running—and once people try it they can't seem to stop raving. Proof: On Amazon, the cleanse boasts literally thousands more reviews than even the most famous diet books, and a whopping 92% of them are four- or five-star ratings. Why so many stars and so much love? Simple. It's a cleanse that gets phenomenal results with ordinary supermarket foods and surprisingly little effort. "We have 400,000 folks actively doing the cleanse every day," reveals author and nutrition pro JJ Smith. "Most people lose 10 to 20 pounds in 10 days." That means by mid-May, Smith expects her detox will have melted at least another four million pounds—a number that could shoot much higher thanks to *Woman's World* readers. Because Smith has helped us create special menus built around smoothies and healthy meals favored by the women who've shed the most weight on her plan. How much can the turbocharged Green Smoothie Cleanse help you lose? Here's how to find out . . .

since it's difficult for our bodies to separate a smoothie's liquids from its solids, the drink takes longer to digest than if we ate the ingredients separately. That means smoothies linger in our systems, keeping us full and content far longer than many meals with substantially more calories!



**Tip!** Want more encouragement? "Come see me on Facebook!" urges Smith, who spends hours each day answering questions on the 10-Day Green Smoothie Cleanse page. "That's where I hang out!"

### More ways smoothies slim

Smith says her smoothies basically work as an antidote to the processed junk that tends to make us gain weight in the first place. How? While processed food sends blood sugar soaring—spiking fat-storage hormones and causing thyroid-suppressing inflammation in the process—Smith's smoothies contain about 15 grams of blood-sugar-stabilizing fiber apiece and enough healing antioxidants and healthy fat to help reverse inflammation. And that's just for starters. Processed food is stripped of countless nutrients that help us control weight naturally, so we often don't get enough of them; Smith's drinks deliver everything we're missing and then some, including impressive doses of vitamin C, folate, omega-3s and more. "One smoothie has more slimming nutrients than a lot of people get in a week!" Smith says. She adds that the fiber in smoothies also acts as a "prebiotic," feeding healthy bacteria in our digestive tracts proven to increase metabolism. (Meanwhile, processed food feeds bacteria that increase fat storage.)

On top of all that, smoothies are "quick to make, easy to spike with fat-burning ingredients and taste great—even to picky eaters," Smith says. "They're the perfect food to help you get lean."

### Real-world wow!

At age 63, "my original goal was to get into a size 14, but once I started the smoothie routine, the weight kept dropping, and I decided to see where my body wanted to

go," recalls Deborah Herald, down 12 pounds in her first 10 days and 65 pounds in all. "Today, I can wear some size twos!" As for Maryland mom Jocelyn Fils-Aime, 40, she couldn't get the scale to budge for years—despite trying Weight Watchers, Atkins, Slim-Fast and more. A friend told her about the Green Smoothie Cleanse. "My belly went from puffy to flat in just 10 days—and then it kept getting flatter and flatter. After no results for so long, I was shocked!" Jocelyn dropped 20 pounds in 30 days and 75 pounds in all. Then there's Sandra Miles, 51. "JJ encourages everyone to take a 'before' picture, and I was simply amazed by my transformation in a short time. My waist was smaller, my face was slimmer, even the dark circles under my eyes were gone," the South Carolina mom shares. "I have changed more than I ever thought was possible. By day five, I was already craving healthy foods. By day 10, I was down 15 pounds. And I've lost 115 pounds total. This plan works!"

### JJ's Chocolate Peanut Butter Shake

Whip up this yummy shake for the whole gang . . . it's rich and creamy—yet also packed with nutrients!



- 2 frozen bananas
- 3/4 cup almond milk
- 1 Tbs. pure maple syrup
- 2 Tbs. cocoa powder
- 1/4 cup natural peanut butter
- Pinch of sea salt
- 1 tsp. vanilla extract
- 7 ice cubes

● Blitz all ingredients in a blender until smooth; enjoy immediately. Serves 1-2.

## Your turbocharged summer detox menus!

Our nutrition team worked with JJ Smith to create this special version of her 10-Day Green Smoothie Cleanse featuring the recipes that help women lose weight the fastest. While using this plan, be

sure to drink plenty of water and all the tea you like. Flavor smoothies and meals to your liking using unlimited herbs, spices, lemon juice and/or zero-cal sweetener. As always, get a doctor's okay to try any new plan.

### Breakfast & Lunch

CHOOSE ONE SMOOTHIE AT EACH MEAL

**OPTION 1: Banana-Berry Metabolism Booster:** In blender, blitz 2 handfuls greens, 1/2 cup water, 1/2 cup green tea, 2 cups mixed berries, chunks of 1 frozen banana and 1 scoop plant-based protein powder; makes 1-2 servings

**OPTION 2: Pineapple-Spinach Fat Blaster:** In blender, blitz 2 cups fresh spinach, 1 cup pineapple chunks, 2 cups frozen peaches, 2 peeled bananas, 1 1/2 packets stevia, 2 cups water or cooled green tea, 2 Tbs. ground flaxseeds and 1 scoop plant-based protein powder; makes 2 servings

**OPTION 3: Mega-Green Belly Flattener:** In blender, blitz 2 handfuls greens, 2 cups cooled green tea, 1/2 can coconut milk, juice of 1 lemon, 1/4 cup pitted dates, 1/2 avocado, 1/2 pink grapefruit (seeds removed) and 1 scoop plant-based protein powder; makes 2 servings

**OPTION 4: Tropical Detox:** In blender, blitz 2 handfuls spring greens, 2 handfuls spinach, 1 peeled banana, 1 1/2 cups pineapple, 1 1/2 cups frozen mango chunks, 1 cup mixed berries, 2 cups water or cooled green tea, 2 Tbs. ground flaxseeds and 1 scoop plant-based protein powder; makes 2 servings

**Tip!** JJ Smith tells us that smoothies that help women lose the most weight typically contain flax, chia seeds, antioxidant-rich greens, plant-based protein powder and/or green tea—all of which help boost metabolism.

### Dinner CHOOSE ONE DAILY



**OPTION 1: Skinny Scampi:** Sauté 1 tsp. each minced garlic and crushed red pepper in 1 Tbs. olive oil. Add 5 jumbo shrimp; cook until pink; remove from pan. To pan, add 1/8 cup white wine and 1 Tbs. lemon juice; stir 2 minutes. Add unlimited zucchini noodles; cook 3 minutes. Toss with shrimp.

**OPTION 2: Tuna Bites:** Mix 5 oz. low-sodium tuna, 2 Tbs. vegan mayo, 2 Tbs. onion and celery, 1 tsp. lemon juice and dash pepper. Spoon on apple slices. Enjoy with side salad, 2 tsp. vinaigrette.

**OPTION 3: Salmon Caesar:** Prepare 5 oz. salmon or chicken breast with 2 tsp. olive oil, 1/4 tsp. lemon pepper and 1/2 tsp. garlic salt; serve over unlimited romaine with 1/4 cup low-sodium Caesar dressing and pinch Parmesan.

**OPTION 4:** 5 oz. turkey burger, 2 Tbs. guacamole Unlimited veggies sautéed in 1 tsp. olive oil

**OPTION 5:** Any green smoothie listed, left

### Snack ENJOY THREE DAILY

**OPTION 1:** Apple, nut butter

**OPTION 2:** JJ's Chocolate Peanut Butter Shake, recipe, left

**OPTION 3:** Hard-boiled egg, veggies

**OPTION 4:** Low-sodium tuna, 2 Tbs. vegan mayo, celery sticks

**OPTION 5:** 1 Squarebar, any flavor (at Vitamin Shoppe.com or Square Organics.com)

### After 10 days . . .

Continue to replace 1-2 meals with smoothies for as long as you like. For non-smoothie meals and snacks, fill most of your plate with veggies, then add a serving of lean protein and 1-2 servings of healthy fat (such as olive oil, coconut oil, nuts, seeds or avocado). Find more recipes on the 10-Day Green Smoothie Cleanse Facebook page. Experiment with healthy starch (such as brown rice or whole-wheat pasta), cutting back if weight loss slows or stalls.