

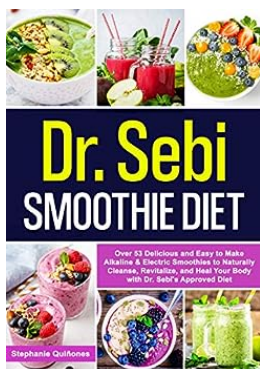
Over 53 Delicious And Easy To Make Alkaline Electric Smoothies To Naturally

In today's fast-paced world, finding healthy and convenient meal options can be a challenge. It's easy to rely on processed foods or grab a quick bite from a fast-food restaurant. But what if there was a way to enjoy delicious and nutritious meals that are also alkaline electric, helping you achieve optimal health and wellness? Enter alkaline electric smoothies, a simple and effective way to incorporate alkaline foods into your diet.

What is an alkaline electric smoothie?

Alkaline electric smoothies are made primarily from alkaline foods, which are low in acidity and high in essential nutrients. These smoothies are designed to help balance your body's pH levels, promoting cellular rejuvenation and overall well-being.

Some common alkaline ingredients for these smoothies include fresh fruits, leafy greens, nuts, and seeds. By blending these ingredients together, you create a refreshing and nourishing beverage that can be enjoyed as a meal replacement or as a snack throughout the day.



Dr. Sebi Smoothie Diet: Over 53 Delicious and Easy to Make Alkaline & Electric Smoothies to Naturally Cleanse, Revitalize, and Heal Your Body with Dr. ... Diet (Dr. Sebi's Alkaline Smoothies Book 2) by Stephanie Quiñones (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 14366 KB

Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 124 pages
Lending : Enabled



The benefits of alkaline electric smoothies

1. Improved digestion: Alkaline ingredients are typically easier to digest, reducing the strain on your digestive system. This can lead to better nutrient absorption and a healthier gut.
2. Increased energy levels: Alkaline foods are rich in vitamins, minerals, and antioxidants that can boost your energy levels and keep you feeling energized throughout the day.
3. Detoxification: Alkaline electric smoothies can support your body's natural detoxification processes, helping to eliminate toxins and waste that may be affecting your health.
4. Weight management: These smoothies can be a great addition to a weight management plan, as they are low in calories but high in nutrients. They can help reduce cravings and support healthy weight loss.

53 delicious alkaline electric smoothie recipes to try

1. Green Goddess Smoothie: This smoothie combines spinach, cucumber, banana, and coconut water for a refreshing and hydrating blend.



2. Berry Blast Smoothie: A delightful mix of mixed berries, almond milk, and chia seeds to provide a burst of antioxidants and omega-3 fatty acids.



3. Tropical Paradise Smoothie: Transport yourself to a tropical location with this smoothie made from mango, pineapple, coconut milk, and lime juice.



4. Creamy Cashew Delight: Indulge in this creamy smoothie made from cashews, dates, vanilla extract, and almond milk for a delicious treat.



5. Citrus Sunrise Smoothie: Kickstart your day with this vibrant smoothie containing oranges, carrots, ginger, and turmeric for a zesty flavor.

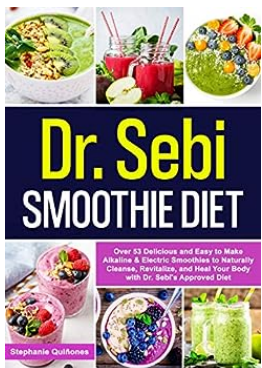


This is just a small taste of the wide variety of alkaline electric smoothie recipes available to you. Each one is carefully crafted to provide a delicious and nutritious experience, all while supporting your alkaline lifestyle.

Alkaline electric smoothies are a fantastic way to introduce more alkaline foods into your diet without sacrificing taste or convenience. With over 53 delicious

recipes to choose from, you can enjoy a different smoothie every day and reap the numerous health benefits they offer.

So, why not give alkaline electric smoothies a try? Start your journey towards optimal health and wellness today!



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Are you looking for an easier and more efficient way to cleanse, revitalize, and heal your body?

With the Dr. Sebi Smoothie Diet, You'll gain all the benefits of fighting off diseases whilst drinking a delicious smoothie.

This updated unique book version series of The Dr. Sebi Smoothie diet is jammed packed with even more smoothies and many more ways to improve health, lose weight, remove phlegm and mucus, and naturally prevent other diseases.

Discover over 53 Dr. Sebi Alkaline and electric smoothies compliant with the Dr. Sebi nutritional diet. This Diet consists of preventing the formation of mucus and making it difficult for infection-causing organisms to thrive. Download: Dr. Sebi Smoothie Diet: 53 Delicious and Easy to Make Alkaline & Electric Smoothies to Naturally Cleanse, Revitalize, and Heal Your Body with Dr. Sebi's Approved Diet.

Are You Looking to be free from modern and over the counter medicine that have little to no results?

Dr. Sebi diet practices involved cutting out all the food groups except live and raw foods, thereby encouraging you to eat as close as possible to raw vegan. We found that these smoothie recipes not only help to cleanse your body from all the waste from processed and man made foods, but also helps to boost your immune system, detoxify your liver and body waste, toxins, and severe liver damage.

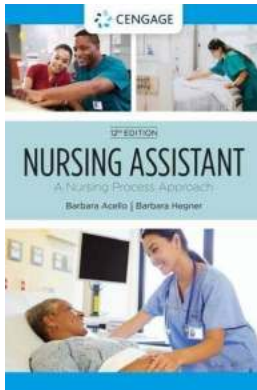
That's why we made sure to include only the BEST recipes from Dr. Sebi approved Alkaline and Electric food diet and let you focus on your goals while living a stress free smoothie lifestyle. Download: Dr. Sebi Smoothie Diet: 53 Delicious and Easy to Make Alkaline & Electric Smoothies to Naturally Cleanse, Revitalize, and Heal Your Body with Dr. Sebi's Approved Diets.

Inside You Will Discover...

- The benefits of Dr. Sebi's Alkaline and Electric Food diets
- Dr. Sebi's main principles of his diet
- Over 53 Smoothie recipes for both Alkaline and Electric food diets
- Nutritional facts of every smoothie recipe
- Step by step recipe instructions
- "Bonus" Dr' Sebi's top 19 medicinal herbal plants and its uses

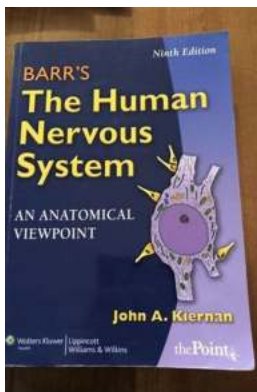
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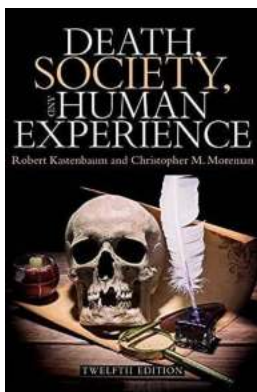
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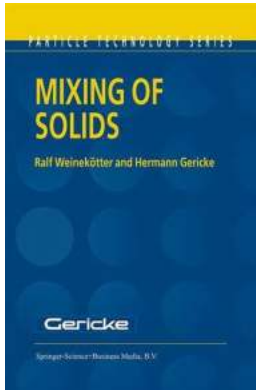
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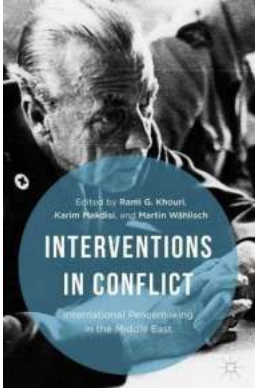
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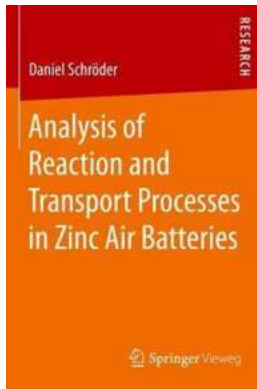
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