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Smoothie Recipes to Relieve Anxiety and Depression (Paperback)

By Laura Sommers

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Smoothie Recipes to Relieve Anxiety and Depression With all the news about the use of prescription drugs, especially SSRIs being linked to causing depression instead of helping, increased risk of suicide and even mass shootings, many people are looking for natural holistic remedies to help with depression and anxiety. These smoothie recipes are all made from foods that contain nutrients and vitamins that help the body fight anxiety and depression naturally. I hope that you enjoy and find calming relief. Recipes Include: Kalm Kale and Kiwi Smoothie Lavender Love Blueberry Smoothie Blue Suede Smoothie Heavenly Blueberry Smoothie Healthy Honey Fruit Smoothie Purple Nurple Smoothie Relaxing Avocado Smoothie Happy Camper Smoothie Nutter Better Smoothie Relaxing Avocado Almond Smoothie Green Pepper Smoothies I m a Pepper Smoothie Gilligan and Ginger Smoothie Banana, Orange, and Ginger Smoothie Fruity Ginger Smoothie Georgia Peach Smoothie Cabbage Patch Smoothie Happy By Chocolate Smoothie Peach Chocolate Smoothie Chocolate Monster Smoothie Nutter Better Than Chocolate Smoothie Count Chocula Smoothie Asparagus Drama Smoothie Cheery Cherry Asparagus Smoothie Asparagus Mango Smoothie Green Asparagus Smoothie Orange You Happy Smoothie Nectarine Happy Smoothie...



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