

# [PDF] Green For Life: The Updated Classic On Green Smoothie Nutrition

**Victoria Boutenko, A. William Menzin M.D. - pdf download free book**

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**Books Details:**

Title: Green For Life: The Updated C  
Author: Victoria Boutenko, A. Willia  
Released: 2010-10-05  
Language:  
Pages: 224  
ISBN: 155643930X  
ISBN13: 978-1556439308  
ASIN: 155643930X



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## **Description:**

**Review** "In *Green for Life*, Victoria Boutenko focuses on the benefits of greens and offers 45 of her favorite green smoothie recipes."

—*Publishers Weekly*

"*Green for Life* is a revolutionary but simple idea whose time has come. It is a clear inspiration and great resource to readers who desire to lead healthier lives."

—*Midwest Book Review*

"In more than thirty-five years of practice as a psychiatrist affiliated with the Harvard Medical School, I have learned one thing very well: Human behavior is very hard to change. Now Victoria Boutenko is persuading me otherwise. ... Thirty days of green smoothies will change how you feel, and how you feel about yourself. That's no small achievement for one small book."

—A. William Menzin, MD, Harvard Medical School, from the foreword

"Victoria Boutenko's clear, simple, masterful concept is so valuable, so powerful—we can expect to see and feel the world of health rocked to its foundations within the decade."

—Thomas C. Chavez, homeopath and author of *Body Electronics*

"Victoria, you did it again! I love your new book. It will bring health to millions, reduce future risks of degenerative diseases for new generations, and make life easier for all of us now. A must read!"

—Dr. Ruza Bodganovich, internationally renowned lecturer and author of *The Cure is in the Cause*

"Raw food expert Victoria Boutenko wants you to eat more leafy greens, but she knows chomping on big bunches of them can be difficult. So, in the second edition of her book *Green for Life*, originally published in 2005, she instead recommends blending kale, spinach, chard, and the like with different fruits and vegetables and drinking a quart of the resulting green smoothie every day... Already own the book? The new version includes nutritional information on Boutenko's favorite edible weeds (stinging nettles, dandelions, lambsquarters); testimonials from smoothie converts, who marvel at how their various ailments disappear after going green; and some 20 additional recipes for smoothies and puddings, which Boutenko perfected over six years of experimentation."

—*Vegetarian Times*

"*Green for Life* is the book that makes the case, the proof, if you will, that green smoothies are the missing link in human nutrition... After you read the science and the amazing testimonials, you'll be itching to make your first smoothie... Few books are as 'must-have' as this one... 10+ out of 10."

—*The Raw Mocha Angel*

"*Green for Life* is a book of hope and encouragement, as it shares a simple and viable way to revitalize your life."

—*Lily of the Valley*

"Amazing and inspiring... *Green for Life* is impossible to read without craving a fresh, green smoothie. Why? The information and stories in the book (including dozens of first person experiences from those who changed their diets after reading the first edition of *Green for Life*) are compelling, even shocking, and offer the promise of healing for any of us with health and skin issues... pick up this influential book and start getting greens into your daily routine!"

—*Beauty is Wellness*

"[*Green for Life*] is extremely motivating. It's short, it's interesting, and it makes you want to run to your nearest green grocer for an armload of greens to shove into your blender."

—*All Things Nourishing*

"*Green for Life* is a very informative book if you are just getting into the green smoothie revolution. Lots of information and case studies on why green smoothies are beneficial, along with a recipe section. Chlorophyll is liquid sunshine!"

—*In My Mind's Zen Garden*

"As a nutrition professional I frequently discover new diets and eating habits. Many claim to offer optimal health or weight loss, disease control or the next thing. I find myself reading diet books with

a certain skepticism... [Victoria Boutenko's] research finds many benefits to adding green smoothies to the daily diet... I highly recommend reading [*Green for Life*], and trying the smoothies, to anyone. If your health is declining, your weight is increasing or decreasing unexpectedly, or if you would like overall health benefits of amazing greens...read this book!"

—Rachel Fox, RD, *Eat Drink Better*

"[*Green for Life* offers] background, logistics, health information, facts, and even a short study with people trying out the smoothie lifestyle. I thoroughly enjoyed this book! ... I noticed a difference in myself after only one day drinking the smoothies. That shocked me. I felt so betrayed by my own desires of wanting 'regular' food. I felt more energized, didn't need as much sleep the night afterward, and could tell my digestion was better... I'm glad to know there's an easy way to add greens and fruits to my diet... helpful and informative."

—Kari, *Reading For Sanity*

"[Boutenko] makes it clear throughout [*Green for Life*] that consuming vitamin-packed smoothies is not only the most effective way for our bodies to absorb essential nutrients, adding just one quart of green smoothie a day to one's diet can help with everything from weight loss and cravings, to healing skin conditions and reversing diabetes. She literally has pages and pages of inspiring testimonials, which is helpful for us as readers since we can pinpoint our trouble spot and then look through the book for a way to tackle it with the help of greens."

—*Beauty Snob*

"Go green with in-season fruits and veggies via one of Victoria Boutenko's *Green for Life* smoothie recipes. Our fave, the Aloe-Ha."

—*The Posh Mom Life*

"A good beginner's guide that is ripe for discussion."

—*Elevate Difference*

"*Green for Life* is a classic tome on green smoothies, with lots of information on the health benefits and easy recipes to get started."

—*Chatelaine*

**About the Author** Victoria Boutenko teaches classes on raw food and nutrition worldwide. The author of *Green Smoothie Revolution*, *Raw Family Signature Dishes*, *12 Steps to Raw Food*, and *Raw Family: A True Story of Awakening*, her books have been translated into more than a dozen languages. Her self-published *Green for Life* was a finalist for the 2006 Independent Publisher's Award (IPPY) in health and medicine. Victoria and the Boutenko family, also known as The Raw Family, live in Ashland, OR.

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