



The Green Smoothie Prescription: A Complete Guide to Total Health

Victoria Boutenko

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From the author of the international bestseller *Green for Life* and founder of RawFamily.com comes a comprehensive guide to the extraordinary healing capabilities of green smoothies, including nutrient rich recipes for improved health and wellness.

Nearly twenty years ago, Victoria Boutenko and her family suffered numerous health problems, including juvenile diabetes, obesity, hyper thyroid, chronic fatigue, asthma, and allergies. Searching for nutritional solutions, she discovered the incredible power of green smoothies, beverages made from the most nutritionally rich food on earth. She incorporated green smoothies into her family's diet, with astonishing results—their symptoms were reversed and her family regained vibrant health. Boutenko shared her story and championed this amazing elixir and its remarkable benefits for health and well being on her “Raw Family” website.

The Green Smoothie Prescription is the ultimate resource for acquiring radiant health and energy. Boutenko chronicles the history of green smoothies and provides sweet and savory recipes specifically tailored to every need and purpose. With celebratory smoothies, travel-friendly smoothies, and smoothies designed for healing everything from damaged livers to skin problems, the possibilities are endless. Here, too, are tips on creating the best green smoothies, including choosing the right blender and the best fresh and frozen produce. With green smoothies, everyone—raw foodists, vegans, vegetarians, and meat lovers alike—can enjoy a healthy diet without sacrificing taste or lifestyle.

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