



Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower

Diane Kidman

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Eating Healthy Can Be Addictive!

Diane Kidman writes a lot of books. While they've all been Kindle health bestsellers, *Smoothie Power!* is the one that gets her the most chatty and almost embarrassingly enthusiastic. That's because when she set out to write it, she thought it'd be a quick recipe book. You know, a fun little bout with a blender and some fruit and leaves. Instead, she found out that drinking all those smoothie experiments from her kitchen was changing her health - drastically. A lifelong asthmatic, she discovered a new favorite sport: Breathing. Yes, it's true. All those leafy greens and fruit whirred around in the blender was transforming her in ways she didn't realize were possible. You see, other people breathe in nice deep breaths without gagging, whereas Ms. Kidman did not realize this. Not really. Walking to the mailbox pretty much made her choke. Walking back? We will not go there. The visual is too disturbing.

Who Doesn't Want Accidental Weight Loss?

Then there were the nine pounds she lost in about two weeks. Just because of the smoothies. (While she did make some big dietary changes during le grande smoothie experiment, this was AFTER losing weight. Not before. Lungs? Same deal. But the later dietary changes boosted both skinniness and breathiness. Big time.) So there we are. Over 100 smoothie recipes later, Ms. Kidman wanted to shout from the mountaintops about her new-found energy. But she'll settle for hollering from a small dune if need be. Truth be told, this is her favorite of all her books thus far. We have asked her to calm it down a bit. Just pull the reigns in a teensy weensy way, so as not to embarrass us. But will she listen? NO! She wants to go running. RUNNING, we say. And she dances about the house clutching a glass of green stuff to her chest. And singing. Off key. It's quite humiliating, really, but we cannot stop her.

More Than Just Smoothies – Other Stuff Too!

Now she is poking at us and reminding us that we should also mention the book contains recipes for a few blender soups and blender salad dressings, as well. We are tired of hearing about her soup. Someone please stop her.

What Others Are Saying:

"I have been doing this just a little over 2 weeks and I have already lost 7 pounds. The recipes are delicious..." "Can't wait to try smoothies. My grocery list is made and I'm excited. Easy to read and understand. Diane makes this seem simple." "Diane Kidman has done a great job with this book. Written in a friendly, personal style; without compromising on the research and details."

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From reader reviews:

Leticia Simmons:

This Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower is great publication for you because the content that is full of information for you who also always deal with world and possess to make decision every minute. This specific book reveal it data accurately using great arrange word or we can say no rambling sentences within it. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but hard core information with lovely delivering sentences. Having Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower in your hand like finding the world in your arm, info in it is not ridiculous just one. We can say that no publication that offer you world with ten or fifteen moment right but this guide already do that. So , this really is good reading book. Hello Mr. and Mrs. occupied do you still doubt which?

Ruth Williams:

The book untitled Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower contain a lot of information on this. The writer explains her idea with easy approach. The language is very simple to implement all the people, so do certainly not worry, you can easy to read it. The book was written by famous author. The author will bring you in the new age of literary works. It is possible to read this book because you can please read on your smart phone, or program, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open their official web-site in addition to order it. Have a nice examine.

Rodney Hussey:

This Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower is new way for you who has intense curiosity to look for some information as it relief your hunger details. Getting deeper you onto it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower can be the light food for you because the information inside that book is easy to get simply by anyone. These books develop itself in the form that is reachable by anyone, yeah I mean in the e-book contact form. People who think that in guide form make them feel tired even dizzy this book is the answer. So there isn't any in reading a book especially this one. You can find actually looking for. It should be here for you. So , don't miss it! Just read this e-book kind for your better life along with knowledge.

Wm Dunlap:

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