

10-DAY *Green*  
**SMOOTHIE**  
CLEANSE

*JJ Smith*

## **10-DAY GREEN SMOOTHIE CLEANSE**

by JJ Smith

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Published by Adiva Publishing  
12138 Central Ave, Ste. 391  
Mitchellville, MD 20721

For more information, see [www.JJSmithOnline.com](http://www.JJSmithOnline.com).

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Library of Congress Cataloging-in-Publication Data

Smith, JJ

10-Day Green Smoothie Cleanse/JJ Smith, First Edition

1. Health/Diet 2. Weight Loss 3. Women's Health and Wellness

ISBN: 978-0-9823018-2-1



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## *Important Note to Readers*

The information contained in this book is for your education. It is not intended to diagnose, treat, or cure any medical condition or dispense medical advice. If you decide to follow the plan, you should seek the advice and counsel of a licensed health professional and then use your own judgment.

It is important to obtain proper medical advice before you make any decisions about nutrition, diet, supplements, or other health-related issues discussed in this book. Neither the author nor the publisher is qualified to provide medical, financial, or psychological advice or services. The reader should consult an appropriate healthcare professional before heeding any of the advice given in this book.





## INTRODUCTION

### *Welcome to the 10-Day Green Smoothie Cleanse!*

Congratulations on taking control of your health by caring for your body and feeding it what it needs to be slim, healthy, and vibrant! If you're like me, you really want to look and feel great!

Battling excess weight can be one of the most frustrating, challenging, and emotionally draining experiences on earth. Many people struggle with a never-ending battle to lose weight and get healthy. Despite the numerous fad diets, exercise regimens, and magic pills for weight loss, Americans continue to grow larger and larger year after year. Diets abound, and the diet industry is huge. But the sad fact is that about 95 percent of people who lose weight on a diet gain it back in three to five years. You cannot lose weight permanently by strictly following any special diet, taking a weight-loss pill, or following an exercise regimen. You have to realize that losing weight involves a major lifestyle change.

What do I mean by lifestyle change? First, you will have to forget about dieting! Typically, you “go on” a diet,

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which implies that at some point you “go off” it. A typical diet is something you do for a specified period of time. What usually happens when you “go off” the diet? You gain all the weight back. With this ten-day cleanse, we are going to retrain your taste buds to desire and crave healthier foods so you never have to think about dieting again.

I believe the first step in losing weight is detoxification. Without detoxification, millions of people worldwide lose the fight to lose weight permanently. There are many factors that contribute to weight gain, and one factor that is most overlooked by traditional diets is toxic overload. Simply put, people often have difficulty losing weight because their bodies are full of poisons. The more toxins you take in or are exposed to every day, the more toxins you store in fat cells in the body. Toxins stored in fat cells are difficult to get rid of through dieting alone. You must first detoxify the body. Thus, the most effective weight-loss programs should focus on both fat loss and detoxification, which lead to overall improved health and wellness.

I am a nutritionist, a certified weight-loss expert, author of the #1 bestseller *Lose Weight Without Dieting or Working Out*, and creator of the Detox-Eat-Move (DEM) System. For years, I’ve helped people lose weight without dieting so they can get their sexy back! The DEM System focuses on helping you detoxify, cleanse, and reset your taste buds so that you desire healthy, natural foods.

### **Why I Created the 10-Day Green Smoothie Cleanse**

Last year, after years of clean, healthy eating and detoxing, I was bedridden with mercury poisoning from my silver dental fillings! I had high levels of mercury in my brain,

## Introduction

gut, liver, and kidneys. I couldn't get out of bed for two months. And when I did, just making the bed required that I lie back down to rest! My health, energy and motivation were at an all-time low.

After a long and slow recovery last year, I decided I needed to do something to get my health and energy back, as well as lose the twenty pounds I had gained while bedridden. I created the 10-Day Green Smoothie Cleanse after learning how raw greens can heal the body. Also, already an advocate of detoxing, I knew I needed to rid my body of excess waste and toxins that had accumulated as a result of the mercury poisoning.

Once I created the 10-Day Green Smoothie Cleanse, I asked if I could get ten of my family members and friends to do it with me for support. I was pleasantly surprised to find that about 100 of them wanted to do it! We created a Facebook group to keep one another motivated. Because the results were so phenomenal, in less than two months we had about 10,000 people join the Facebook group and decide to do the cleanse with us. In just ten days, folks were losing ten to fifteen pounds, getting energized, reversing health conditions, and feeling better than they had in years.

When I completed my first cleanse, I lost eleven pounds. My energy was high, my skin was radiant, and my digestion and bloating had improved. I felt renewed and motivated again! Before I began the cleanse, I had been taking twenty-four supplements a day to help my body recover from mercury poisoning. Since completing the cleanse, I have been taking only four supplements per day. I have such a positive outlook on my health and look forward to getting back to focusing on my life dreams and goals.

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The 10-Day Green Smoothie Cleanse is a detox program that will help you lose weight, increase energy, reduce cravings, and improve overall health. You will detoxify your body through elimination of certain foods for ten days and reprogram your taste buds to desire healthy, nutrient-rich foods. After you complete the cleanse, you will never have to count calories or follow complicated or expensive meal plans or measure food again. Your body will naturally crave and desire healthy, natural foods.

During the 10-Day Green Smoothie Cleanse, you will give your body the quality nutrition it needs while cleansing your cells and insides. Vitamins, minerals, and other nutrients will be absorbed by your body more efficiently, allowing your cells to become like new as you begin to look and feel younger. What makes us feel old is sludge and waste in the body. Anti-aging creams and cosmetic surgery won't clean that out. Your skin will look more youthful because your cells will become tighter and healthier. Aging, dull, dry skin; puffiness; dark circles; and wrinkles will start to fade away. It is possible to look and feel better now than you did a decade ago. You will feel like you're growing younger, not older! In short, you'll learn how to become young, healthy, and energetic from the inside out.

I guess you could say that I have fallen in love with green smoothies and want the world to know it! Every day, green smoothies change the lives of so many people, including my own family and friends. I've had thousands personally thank me for introducing them to green smoothies. Anyone who has tried green smoothies can't help but share the experience with others.

## Introduction

I am committed to drinking green smoothies every day and getting as many people as I can to drink them as well. Will you join me in this journey to heal the body, lose weight and increase energy levels? By doing this, you will never have to worry about weight again.

Are you ready to look slimmer, healthier, and sexier than you have in years?

This is an amazing way to transform your health in just ten days. So get ready to start your 10-Day Green Smoothie Cleanse!



## CHAPTER ONE

# What Is the 10-Day Green Smoothie Cleanse?

The Green Smoothie Cleanse is a ten-day detox/cleanse made up of green leafy veggies, fruit, and water. Green smoothies are filling and healthy, and you will enjoy drinking them. Your body will also thank you for drinking them. You can expect to lose some weight, increase your energy levels, reduce your cravings, clear your mind, and improve your digestion and overall health. It is an experience that will change your life if you stick with it!

### *Most common health improvements after the 10-Day Green Smoothie Cleanse:*

- Weight loss (most lose 10–15 pounds when they stick to the regimen)
- Increased energy
- Mental clarity
- Better sleep
- Reduced cravings
- Better digestion
- Less bloating

## 10-DAY GREEN SMOOTHIE CLEANSE

### **Why Detox/Cleanse the Body?**

There are many factors that contribute to weight gain, and the one that is most overlooked is excess toxins in the body. When the body is overloaded with toxins, it transfers energy away from burning calories to work harder to detoxify the body. In other words, the body does not have the energy to burn calories. However, when the body is efficiently getting rid of toxins, the energy can be used to burn fat.

Simply put, traditional diets so often don't work because they don't address the toxic waste in the body. Counting calories does not detoxify and cleanse the body. Weight loss won't be permanent if your body's systems are sluggish or impacted with waste matter or toxins. You must first rid your body of toxins to ensure that your body can best metabolize the food you eat without leaving excess waste, which results in weight gain.

The following symptoms indicate the presence of excess toxins in the body: bloating, constipation, indigestion, low energy, fatigue/brain fog, depression, weight gain, chronic pain, infections, allergies, headaches, and gut/digestion problems.



## What Is the 10-Day Green Smoothie Cleanse?

### **Do You Need to Detox/Cleanse?**

#### **Take this Self-Assessment Quiz!**

Take this quiz to determine whether you have toxic overload in your body leading to weight gain and poor health.

*Read each question and give yourself one point for every “yes” answer.*

- Do you crave sweets, bread, pasta, white rice, and/or potatoes?
- Do you eat processed foods (TV dinners, lunchmeats, bacon, canned soup, snack bars) or fast foods at least three times a week?
- Do you drink caffeinated beverages like coffee and tea more than twice daily?
- Do you drink diet sodas or use artificial sweeteners at least once a day?
- Do you sleep less than eight hours per day?
- Do you drink less than 64 ounces of good, clean water daily?
- Are you very sensitive to smoke, chemicals, or fumes in the environment?
- Have you ever taken antibiotics, antidepressants, or other medications?
- Have you ever taken birth control pills or other estrogens, such as hormone replacement therapy?
- Do you have frequent yeast infections?
- Do you have “silver” dental fillings?

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- Do you use commercial household cleaners, cosmetics, or deodorants?
- Do you eat non-organic vegetables, fruits, or meat?
- Have you ever smoked or been exposed to secondhand smoke?
- Are you overweight or do you have cellulite fat deposits?
- Does your occupation expose you to environmental toxins?
- Do you live in a major metropolitan area or near a big airport?
- Do you feel tired, fatigued, or sluggish throughout the day?
- Do you have difficulty concentrating or focusing?
- Do you suffer bloating, indigestion, or frequent gas after eating?
- Do you get more than two colds or the flu per year?
- Do you have reoccurring congestion, sinus issues, or postnasal drip?
- Do you sometimes notice you have bad breath, a coated tongue, or strong-smelling urine?
- Do you have puffy eyes or dark circles under your eyes?
- Are you often sad or depressed?
- Do you often feel anxious, antsy, or stressed?

## What Is the 10-Day Green Smoothie Cleanse?

- Do you have acne, breakouts, rashes, or hives?
- Do you have less than one bowel movement per day and/or get constipated occasionally?
- Do you have insomnia or trouble getting restful sleep?
- Do you get blurred vision or itchy, burning eyes?

### Results

The higher your score, the greater the potential toxic burden you may be carrying and the more you may benefit from a detoxification and cleansing program.

- ***If you scored 20 or higher:*** You will *significantly* benefit from detoxifying your body, which could lead to weight loss and improved health and vitality. It is strongly recommended that you look into different ways to detoxify the body.
- ***If you scored between 5 and 19:*** You will *likely* benefit from a detoxification program for improved health and vitality.
- ***If you scored below 5:*** You might actually be free of toxic overload in the body and living a very healthy, toxin-free life. Good for you!

Although our bodies have the ability to eliminate toxins, it's when the body gets overloaded with toxins that it stores them in fat cells. Fat cells don't get broken down very easily, so they literally weigh down the body and make it bigger. As toxins accumulate, we begin to experience health problems like allergies, migraines, major diseases, and fatigue/low energy.

## 10-DAY GREEN SMOOTHIE CLEANSE

The 10-Day Green Smoothie Cleanse is a truly health-transforming experience. Here is how you do it:

1. Each day you drink up to 60 ounces of green smoothies per day. Simply prepare your entire day's worth of green smoothies in the morning and pack it up to take with you. Keep it refrigerated as much as possible. Drink one-third every three to four hours throughout the day or sip on the smoothie as you get hungry.
2. You may snack on apples, celery, carrots, cucumbers, and other crunchy veggies throughout the day. Other high-protein snacks include unsweetened peanut butter, hard-boiled eggs, and raw or unsalted nuts and seeds (only a handful).
3. Drink at least eight glasses of water (64 ounces) per day as well as detox or herbal teas, as desired.
4. Perform one of the two methods for colon cleansing, as needed (see chapter 5).
5. **DO NOT CONSUME** refined sugar, meat, milk, cheese, liquor, beer, coffee, sodas/diet sodas, processed foods, fried foods, refined carbs (white bread, pastas, donuts, etc.)

Also, be sure to join our Facebook group to get support, encouragement, and tips from me and others at:

<https://www.facebook.com/groups/Green.Smoothie.Cleanse/>

So let's learn how to detox to jumpstart losing weight and getting healthy! Keep reading!