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Grandma s Best Smoothies: Green Smoothies for Seniors (Paperback)

By Pat L Steele

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Large Print. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate Senior Secret If you have worked hard all your life and managed to save up a little nest egg, you might end up losing it because of your health demands it. It is no surprise that the cost of healthcare is soaring. For Seniors on a budget, this one expense each month may bankrupt your savings. Rich people don t have to worry about it because they have the money to BUY the best foods, supplements and treatments that money can provide. The fact is, if you don t take care of your health which starts with what you eat then you may end up spending all of your savings on your health care. One solution is inside of this breakthrough resource, Green Smoothies for Seniors. This manual is just for Seniors that want to take control of their health, improve their eating by consuming more fruits, vegetables and nuts for pure raw energy and health protection you cannot get anywhere else. The manual is especially formatted with larger fonts, laid...



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