

# *10-Day Green Smoothie Cleanse*

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# 10-Day Green Smoothie Cleanse

By JJ Smith





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# Welcome to the 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. Despite the numerous diets, exercise regimens, and magic pills for weight loss, Americans continue to grow larger and larger year after year.

I believe that most overweight people are actually naturally thin. The body is complex and designed to maintain healthiness. The body is smarter than any diet pill or fad diet on the market. If you just change your eating habits to align with your body's natural ability to heal, stay slim, and have energy, you will never have to worry about weight again.

This is an amazing way to transform your health in a very short period of time. So get ready to take the first step—The 10-Day Green Smoothie Cleanse!

## 1. What is the Green Smoothie Cleanse?

The Green Smoothie Cleanse is a 10-day detox/cleanse made up of green leafy veggies, fruit and water. Green Smoothies are filling, 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, reduced cravings, clear your mind, and improve your digestion and your health. It is an experience that could change your life if you stick with it!

*Most Common Health Improvements After the 10-Day Cleanse:*

- Weight Loss (Most lose 10-15 pounds if they stick to the regimen)
- Increased energy
- Mental clarity
- Better sleep
- Reduced cravings
- Better digestion
- Less bloating

Join our Facebook group to get support, encouragement and tips from me and others at:

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

The 10-day cleanse is a truly health-transforming experience. Here are the basic guidelines:

1. Each day you will drink up to 72 ounces of green smoothies per day. Simply prepare your entire days' worth of green smoothies in the morning and pack it up to take with you. Keep it refrigerated as much as possible. Drink  $\frac{1}{4}$  at a time every 3-4 hours throughout the day.
2. You may snack on apples, celery, carrots, cucumbers, and other crunchy veggies that are appealing to you 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 8 glasses of water (64 ounces) per day and herbal teas, as desired.
4. DO NOT EAT: white sugar, meat, dairy, liquor, beer, coffee, sodas/diet sodas, processed carbs (white bread, pastas, donuts, etc.)

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

There are many factors that contribute to weight gain, and one factor that is most overlooked by traditional diets is toxic overload. More simply put, people often have difficulty losing weight because their bodies are full of toxins. The more toxins you take in or get exposed to every day, the more toxins you store as 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. When the body is overloaded with toxins, the body transfers its energy away from burning calories and uses that energy 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 detoxifying and getting rid of toxins, the energy can be used to burn fat.

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.

### **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, lunch meats, 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 diets 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?
- 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?
- 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. So, let's learn how to detox to jumpstart losing weight and getting healthy! Keep reading!

## 2. Getting Prepared

Expect the 10-Day Green Smoothie Cleanse to be one of the biggest challenges you have ever taken on. As you journey down this path, you may experience a few trials. These trials have the ability to reveal some strengths you possess that you may not have known of until you started this cleanse. These strengths will begin to reveal themselves after day four, five, or even six. The road may seem mostly uphill, and very frustrating at times, but know that you can do this! You will be amazed at the results. As long as you know beforehand that it will be very challenging at times, you will persevere. And when completed, you'll experience a victory unlike any you've experienced before. Let's do it!

**Days 1, 2, 3 will be the most challenging part of your experience.** It is a time of readjustment for your body, which has been accustomed to receiving lots of calories from whole foods. Now your body must shift to receiving small amounts of nutrient-rich food in the form of green smoothies. Allow your body to get through this adjustment period. It will crave more food which may make you very uncomfortable. Allow these first three days to pass. Slowly but surely, as your body gets accustomed to the green smoothies, it will stop asking for so much food and it will be quite content and satisfied with the amazing nutrients from the green smoothies.

Because you are only eating blended foods (green smoothies), raw fruits and vegetables, raw/unsalted nuts and seeds, you are giving your digestive system a considerable break. When you give this break to your body, you free it up to do some repair work. Your body will begin to do some much needed cleansing and healing.

*What Can a Green Smoothie Include:*

The contents of a green smoothie should be fruit, green, leafy vegetables and water. Do NOT use starchy vegetables such as carrots, beets, zucchini, or any other vegetables that are not leafy greens. Fruit digests very quickly. When mixed with foods other than green, leafy vegetables, your stomach will let the fruit sit while it digests the other foods that's in there. This will cause the fruit to begin to ferment which creates gas and bloating. You may use any fruits you like, but

stay away from those starchy veggies. This will enable the greens and fruit to be digested fully and efficiently, allowing your body to metabolize and fully absorb all the nutrients.

It is important to only use green leafy vegetables. Iceberg lettuce should not be included in your smoothie because it lacks the chlorophyll and other important nutrients only found in the darker varieties of leafy greens. Some examples of leafy greens are kale, chard, spinach, baby salad greens, arugula, radicchio, romaine lettuce, dandelion greens, beet greens, parsley, cilantro, and collard greens. Organic produce is superior and important to use during the cleanse. If you don't get organic, be sure to wash the veggies to get rid of any pesticides or herbicides.

**Using low-glycemic fruits will increase your healing speed as well as your weight loss.** Low glycemic means low sugar, *so the less sugar the fruit has, the more weight you will lose.* Low-glycemic fruits include grapefruit, lemon, lime, cherries, strawberries, cranberries, raspberries, goji berries, and blueberries. Moderate glycemic fruits include peaches, oranges, pears, apples, pomegranate, and plums. The high-sugar content fruits are apricots, melons, kiwi, mango, papaya, pineapple, banana, date, fig, raisins, and grapes.

Tap water is not recommended for use. Use purified water or spring water. Another option is alkaline water which will help to bring your body to an alkaline state as well as assisting in the detoxification process.

#### *What to Expect on Day 1:*

Upon waking, before you even sit up, think of the three things in your life you are most thankful for. Be thankful that you are about to increase your energy level and health in dramatic ways. Be thankful that you do have the ability to stick with this. You can do this!

Have a cup of herbal tea or detox tea upon rising, feel free to add stevia if you like. Drink a few glasses of water to replace what was lost during the night. It is very important to drink a lot of water during this Cleanse. Food hydration will help your body flush away the toxins that it releases as it burns extra fat.

Now you're ready to go make your first green smoothie!

### *Take Your Measurements and Picture:*

In addition to taking your weight, make sure you take a "before" picture. Take one of your entire body and one of your face close up. This will enable you to see the physical changes that take place. Many times you will see a big difference in the whites of your eyes, along with less dark circles and puffiness. Be sure to also take measurements of your chest, stomach/waist area, and hip/thighs. This way you can monitor your progress not just by the weight on the scale, but how you look and feel overall.

### *Worried You Won't Be Able to do the 10-Day Cleanse?*

Try the Modified Cleanse, if you're concerned about being able to stick with the cleanse for 10 days. If you're new to detoxing and want to gradually ease into the cleanse, here is a modified plan that will help you. The first 5 days do 2 green smoothies (1 for breakfast and 1 for lunch) and do 1 healthy meal for dinner (salad, sautéed veggies, grilled fish or grilled chicken). The last 5 days, try to the green smoothies ALL day long. However, for the entire 10 days continue to avoid red meat, dairy, coffee/caffeine, sodas/diet sodas, white sugar, etc. This is a good plan where you'll still get tremendous health benefits from the nutrient-rich smoothies. Your weight loss may not be as drastic, but you'll probably still lose close to 10 pounds in the 10 days.

### *The Shopping List:*

You'll use the shopping list for your trip to the grocery store. There is a shopping list for the entire 10 days but you only want to buy fruits and veggies for 5 days at a time so expect to shop twice during the 10-day cleanse. So, you'll see two lists; one for the first 5 days and the last 5 days!

These lists assume you will follow the ten official Green Smoothie Challenge recipes found in Chapter Four.

### **List One (First 5 Days)**

- 5 large apples
- 1 bunch grapes
- 20 ounces frozen peaches
- 20 ounces frozen mixed berries
- 15 ounces frozen strawberries
- 3 bananas
- 1 lemon
- 1 bunch kale
- 20 ounces spinach
- Bag of baby spring mix salad greens
- Stevia sweetener (packets)
- Bag of ground flax seeds (often in vitamin section)
- Celtic sea salt (or any uniodized sea salt)
- Vanilla extract
- Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- Raw or unsalted nuts and seeds to snack on
- Detox Tea (by Triple Leaf or Yogi brands)
- OPTIONAL:
  - Non-dairy/plant-based protein powder, such as RAW Protein, by Garden of Life or SunWarrior protein

### **List Two (The Last 5 Days)**

- 1 pomegranate (pomegranate seeds)
- 20 ounces frozen mango chunks
- 20 ounces of frozen peaches
- 20 ounces frozen mixed berries

- 20 ounces frozen pineapple chunks
- 6 ounces frozen strawberries
- 1 apple
- 1 pear
- 5 bananas
- 20 ounces spinach leaves
- 20 ounces baby spring mix salad greens
- 1 bunch (eight leaves) kale
- Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- Raw or unsalted nuts and seeds to snack on

### 3. JJ's Personal Tips for Success

Here are a few tips that will help you be successful!

1. **JOIN THE FACEBOOK GROUP:** Join our Facebook group to get support, encouragement and tips from me and others at <https://www.facebook.com/groups/Green.Smoothie.Cleanse/>
2. **THE BLENDER MATTERS:** Use a high-speed blender (around 1000 watt) such as Vitamix, Blendtec, or Nutribullet. With a high-speed blender you should only have to blend 30 seconds – 1 minute until it's creamy and smooth. However, if you have a regular blender, then plan on doubling the blending time to 1-2 minutes to ensure its blended smoothly. **ADDITIONAL NOTE:** If you have a full-size blender, like a Vitamix or Blendtec or something similar, the entire recipe can go in the blender at one time as it easily holds 72 ounces of green smoothies. **HOWEVER,** if you have a smaller sized blender, like a Nutribullet or something similar, they hold about 32 ounces of smoothies so you need to divide the recipe in half and blend 2 times. Otherwise it will spill over.
3. **ADD PROTEIN:** Extra protein is not part of the original cleanse, which is why you will see it as **OPTIONAL**. However, as a nutritionist I would add 1 scoop of protein per day because it will help keep you full longer and keep your metabolism revved up. The protein can make the smoothie slightly pasty tasting so try it without the protein, and then add the protein and see if the taste is palatable to you. Either way, the choice is up to you. Since we're avoiding dairy (cow's milk) during the cleanse, be sure it is a non-dairy plant-based protein powder, such as rice-based, soy, or hemp protein, and not whey protein powder, which is made from cow's milk. My favorite brands are RAW Protein by Garden of Life, Sunwarrior's Protein Blend or Rainbow Light's Acai Berry Blast Protein Energizer. However, there are other quality options also. Another great protein source includes raw or unsalted nuts and seeds, especially chia seeds or flaxseeds. Sugar-free peanut butter and non-fat greek yogurt are also great sources of protein.

4. **BE SURE TO CHEW YOUR SMOOTHIES.** Try to go through the chewing motion as much as possible as the saliva in your mouth starts the digestive process. So, in as much as you can remember, try “chewing” your smoothie.
5. **DE-STEM GREENS:** Many kale, collards, etc. come packaged without the stems, but if not, be sure to de-stem the stalks from all green veggies as they alter the taste quite a bit. I like to buy my greens in the containers because they are already de-stemmed.
6. **ROTATE YOUR GREENS:** To ensure you don’t get a toxic buildup from eating the same greens, every day, week after week, it is advisable to rotate your greens. The easiest way to do this is to rotate your greens weekly. One week, buy spinach, the next week, buy kale, the next week, romaine lettuce. Or you can buy 2 greens for one week and then 2 different greens the following week. The goal is to rotate different greens into your smoothies each week. There are plenty of green leafy veggies to choose from including spinach, kale, swiss chard, romaine lettuce, parsley, collards, dandelion greens, turnip greens, mustard greens, argula, etc.
7. **GET RIPE FRUIT:** Get ripe fruit as it is more digestible because of the live enzymes in it. If you buy it not so ripe, allow it to get ripe before you use it in the blender.
8. **USE FROZEN FRUIT:** Feel free to use frozen fruit opposed to fresh fruit. Frozen fruit is cheaper and has just as much, if not more of the nutritional value of the fresh fruit. Also fresh fruit can go bad within a few days but you won’t have this problem with frozen fruit. However, certain fruits like bananas and apples are perfectly fine to use fresh.
9. **ADD ICE:** Use frozen fruit in each smoothies. If all your fruit is fresh, to ensure the smoothie is cold, add ice in place of the water if your fruit is not frozen.
10. **MAKE IT TASTE GOOD:** The recipes can be altered to taste. So feel free to add more ice or water if it’s too thick. Feel free to add more stevia to sweeten, if necessary. Stevia is a natural, herbal sweetener that won’t cause blood sugar spikes. You can also add more fruit to sweeten as well. It’s important that it tastes good to you so you will continue with the cleanse. In place of water, feel free to add Almond Milk. And be sure



to always rotate different greens. You can even switch them up throughout the week. For example, you can have spinach one day, romaine the next, kale the next, etc.

11. **DRINK HERBAL TEAS:** Herbal teas are an important addition to your Cleanse. Not only will herbal teas help tremendously with the hunger aspect, they can also aid in the detoxification process. Good herbal teas to include are chamomile, peppermint, green tea, dandelion root, ginger, milk thistle, sarsaparilla, ginseng. However, my favorite brand for cleansing is a Detox Tea by Triple Leaf and Yogi brands. Be sure to add stevia to taste.
  
12. **DIABETICS READ THIS:** The biggest concern for diabetics is the natural sugar content in the green smoothies. People with diabetes have to closely monitor their sugar intake with each meal. So, it is recommended that diabetics or those who suffer with candida only use low sugar fruit options such as apples and berries. Low sugar fruit includes grapefruit, lemon, lime, cherries, strawberries, cranberries, raspberries, goji berries, and blueberries. Moderate sugar fruits include peaches, oranges, pears, apples, pomegranate, and plums. The high-sugar fruits are apricots, melons, kiwi, mango, papaya, pineapple, banana, date, fig, raisins, and grapes. Also, be sure to monitor your blood sugar throughout the day to make sure the numbers are stable! And of course, get your doctor's permission before you proceed with the cleanse.
  
13. **KEEP YOUR BOWELS MOVING:** Your bowels should move 1-3 times per day, optimally and never less than once/day. It is absolutely imperative that your bowels move toxins out of your system while cleansing. If you haven't had a bowel movement in over 24 hours, there are 2 methods to get your bowels moving. One popular cleanse is the Salt Water Flush which is drinking Celtic sea salt with water. To tolerate the taste, you can drink two teaspoons of sea salt in eight ounces of water with fresh lemon juice to make it go down and then follow immediately this with three more 8-ounce glasses of water. Do this first thing in the morning while you have an empty stomach and you will have several bowel movements with 30 minutes to an hour. Method 2: One product that really works wonders at getting at the old fecal matter in your colon is Mag07, which I highly recommend. Take 3-4 at bedtime to have a heavy bowel movement by morning. Many of my clients use Mag07 for regular cleansing.

14. **DON'T STARVE YOURSELF:** Be sure to snack between smoothies. This is NOT a starvation diet. Great snacks are high-protein snacks such as unsweetened peanut butter, hard boiled eggs, unsweetened greek yogurt. You can also snack on uncooked veggies, fruits, and unsalted or raw nuts and seeds (just a handful).
15. **GO EASY ON THE FRUIT:** Yes, they hide the greens, but too much fruits will spike your blood sugar, give you headaches, and a sense of an uncomfortable feeling under your skin. Pick a new fruit each, day, or if you must, add all those fruits in VERY small doses. Although it's natural sugar, your body doesn't know the different between nature's sugar and high fructose, other than its addictive properties! So, don't overdo it on the fruit.
16. **EXPECT DETOX SYMPTOMS:** This is so important to understand that I'm going to really try to explain this in great detail in the section below.

### *Expect and Welcome Detox Symptoms*

You may experience some detoxification symptoms, and their severity will depend on how toxic you were to begin with. You should expect and welcome detox symptoms because, although they can be unpleasant, they are a sign of progress.

Typical detox symptoms include the following:

- *Headaches, pains, nausea.* If you drink a lot of coffee, expect headaches during the first few days. You may also experience physical aches and joint pains or even nausea. If headaches get really bad, take an Advil or Aleve if you have no health issues with these products.
- *Cravings.* As your body detoxifies, it craves foods it was used to eating, such as meat, dairy, sugar, and caffeine. Cravings may last for several hours or several days, but they will begin to decrease as your body gets rid of its toxic overload.
- *Fatigue.* Allow time to rest during this detoxification phase, as eliminating toxins will drain you and make you feel exhausted. Just take it easy and rest.

- *Muscle Aches:* You may feel achy, as if you're catching a cold or flu. You may get a release of some mucus, so expect a runny nose
- *Skin rashes.* Skin rashes, or even acne, are signs that your body is excreting toxins through your skin, which is the body's largest organ of elimination. By doing colonics or taking the colon-cleansing herbs (like Mag07), you can minimize the rashes and breakouts.
- *Irritability.* Not eating some of your favorite foods will make you feel irritable and bored, so expect to be a little cranky. This is a good time to avoid social events as well.

*If the detox symptoms are too strong, simply follow these guidelines:*

1. First and foremost, do more fruits and less veggies (start with 30% greens to 70% fruit) and work your way up to more greens and less fruit over time. Also Drink LOTS OF WATER to help with the cleansing process
2. *Day 1:* Do one glass of the green smoothie for breakfast and eat a light, healthy meal for lunch and dinner (big salad). Remember to still avoid sugar, meats, dairy, etc.
3. *Day 2:* Do two glasses of the green smoothie (one for breakfast and lunch) and do a light healthy meal for dinner (salad).
4. *Day 3:* You should be ready to resume with green smoothies all day. If not, just add in a healthy meal (salad) for one meal.

## 4. Ten Daily Recipes for the Green Smoothie Cleanse

Here are the recipes for the 10 days of the Green Smoothie Cleanse. Please see the grocery shopping list in Chapter 2. Follow one recipe per day, as it will make enough for a full day's worth of smoothies. Be careful deviating from the recipes too much until after the detox/cleanse. These recipes were designed for detox, weight loss, better energy, mental clarity. Try to stick to them as much as you can during the detox! You'll get better results. After the detox, get creative, add variety and keep losing weight and getting healthy!

**IMPORTANT NOTE:** If you have a full-size blender, like a Vitamix or Blendtec or something similar, the entire recipe can go in the blender at one time as it easily holds 72 ounces of green smoothies. **HOWEVER**, if you have a smaller sized blender, like a Nutribullet or something similar, they hold about 32 ounces of smoothies so you may need to divide the recipe in half and blend 2 times. Otherwise it may spill over.

### **DAY 1: Peachy Green**

- 1 large apple
- 1 cup frozen peaches
- 1 cup frozen strawberries
- 1/2 cup frozen or fresh grapes
- 1 1/2 leaves Kale, de-stemmed
- 2 big handfuls spinach
- 2 cups of water
- 1 stevia packet (add more to sweeten, if necessary)
- 2 Tablespoons ground flax seeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

## **DAY 2: Apple Strawberry**

- 1 peeled, frozen banana
- 1 large apple
- 2 cups of frozen strawberries
- 2 1/2 large kale leaves, de-stemmed
- 2 cups of baby salad spring mix greens (packed cups)
- 2 stevia packets (add more to sweeten, if necessary)
- 2 cups water
- 2 Tablespoons ground flax seeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

## **DAY 3: Banana Berry**

- 1 1/2 cups frozen mixed berries
- 1 peeled, frozen banana
- 1 apple
- 1 handful of spring mix greens
- 2 handfuls spinach leaves
- 1 packet of stevia
- 2 cups of water
- 2 Tablespoons ground flax seeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

**DAY 4: Berry Peachy**

- 2 apples
- 1 ½ cups of frozen peaches
- 1 ½ cups frozen mixed berries
- 3 kale leaves, de-stemmed
- 1 handful spinach leaves
- 2 packets of stevia
- 1 teaspoon vanilla
- 4 shakes of Celtic sea salt
- 2 cups of water
- 2 Tablespoons ground flax seeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

**DAY 5: Romaine Berry**

- 1 cup frozen peaches
- 1 handful grapes
- 1 1/2 cups frozen mixed berries
- 2 packed of spinach
- 3 packets stevia to sweeten
- 2 cups of water
- 2 Tablespoons ground flax seeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

### **DAY 6: Pineapple Spinach**

- 1 cup pineapple
- 2 cups of frozen peaches
- 2 frozen bananas, peeled
- 2 cups spinach, fresh (packed cups of spinach)
- 1 ½ packets of stevia
- 2 cups of water
- 2 Tablespoons ground flax seeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

### **Day 7: Pineapple Berry**

- 1 frozen, peeled banana
- 1 handful pineapple chunks
- 1 ½ cups frozen mango chunks
- 1 cup frozen mixed berries
- 3 handfuls baby spring mix salad greens
- 2 handfuls spinach leaves
- 3 packets of stevia
- 2 cups water
- 2 Tablespoons ground flax seeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

### **DAY 8: Spinach Kale Berry**

1 large apple  
1 frozen, peeled banana  
1 ½ cups mixed frozen berries  
4 leaves kale, de-stemmed  
2 handfuls spinach  
2 packets of stevia  
2 cups of water  
2 Tablespoons ground flax seeds  
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

#### **DAY 9: Mango Pear**

1 pear  
1 ½ cups of mangoes  
1 ½ cups frozen strawberries  
2 handfuls of spinach  
1 packet of stevia  
2 cups of water  
2 Tablespoons ground flax seeds  
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

#### **DAY 10: Pomegranate Kale**

¼ cup pomegranate seeds  
1 ½ cups of peaches



2 handfuls of pineapple chunks  
2 leaves kale, de-stemmed  
2 handfuls spring mix salad greens  
2 packets of stevia  
2 cups of water  
2 Tablespoons ground flax seeds  
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

## **OTHER DELICIOUS RECIPES FOR VARIETY:**

### **Fat Burner Smoothie:**

- 2 Cups of Cooled Green Tea
- ½ Can Coconut Milk
- ¼ Cup Dates (or use your stevia to taste)
- ½ Avocado (Peeled and cored)
- ½ Grapefruit (Any type)
- Juice of 1 Lemon
- 1 Cup Spinach, tightly packed or 2 cups loosely packed

### **The Complete Meal Smoothie:**

- A handful of leafy greens (such as kale, spinach or arugula), washed and stem removed
- 1 cup frozen blueberries (or mixed berries)
- 2 TBS of low-fat Greek yogurt
- 1 tablespoon of ground flax seeds

- 1 cup unsweetened almond milk
- 1/2 cup water
- Sprinkle in stevia to sweeten, as desired!

### **Banana Chia Smoothie:**

- 1 frozen, peeled banana
- 1 cup raspberries (fresh or frozen)
- 2 teaspoon chia seeds (soaked for 10 minutes)
- ½ cup water or crushed ice
- 3 cups baby spinach

### **Coconut Peach Smoothie**

- 2 cups spinach, fresh
- 1 cup coconut water
- 2 cups frozen grapes
- 2 peaches

### **Tropical Spinach Smoothie**

- 2 cups spinach, fresh
- 2 cups water
- 1 cup pineapple
- 1 cup mango
- 2 frozen bananas

### **Chocolate Cherry Smoothie:**

- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 2 cups cherries, pitted
- 2 bananas, frozen
- 1 teaspoon cinnamon

- 3 tablespoons cacao powder

### **Orange Berry Spinach Smoothie**

- 1 large orange, peeled and segmented
- 1/2 of a large banana, cut into chunks
- 6 large frozen strawberries
- 2 cups spinach
- 1/3 cup plain Greek yogurt
- 1 cup ice

### **Ginger Green Smoothie:**

- 2 cups cold water
- 1 banana, cut into chunks
- 1 orange, peeled and separated into segments
- ½ apple (your favorite variety), and cut into chunks
- ½ lemon, peeled and separated into segments
- ½-inch piece of fresh ginger, peeled and minced
- 2 cups baby spinach

### **Coconut Mango Spinach Smoothie:**

- 1 cup frozen coconut milk/coconut water
- 1 cup frozen mango
- 1 1/2 cups water
- 1 ½ cups of fresh organic spinach
- 1 packet of stevia
- 1 tablespoon hemp protein powder

### **Blueberry Bliss Smoothie:**

- 2 cups water
- 1 cup blueberries, frozen

- 1 banana
- 1 cup spinach

### **Cherry Smoothie**

- 1 Cup Coconut milk (Feel free to replace with water to reduce the calories)
- 1 Cup Almond milk
- 2 Cups Cherries
- 1 Cup Spinach, tightly packed or 2 cups loosely packed
- ½ Cup raisins
- 1 Cup of Oats

### **Banana Peach Kale Smoothie**

- 1.5 Cups Water
- 1 Cup Almond Milk
- 1 Cup tightly packed Kale
- 1 Cup Peaches
- 1 Banana, frozen
- 1 Cup Oats
- ¼ Cup dried Apricots (or any other dried fruit)
- ¼ Cup Almonds (Use ground almonds if you don't have a high speed blender)

### **Superfood Additions for Smoothies:**

These are the nutritional powerhouses that can increase your fiber, vitamin, mineral and overall nutrients in your smoothies. You can add these AFTER the 10-day cleanse, as you make green smoothies a part of your daily lifestyle.

- Acai berries: power-packed with antioxidants that slow the aging process
- Aloe vera: has anti-inflammatory, anti-bacterial and antifungal properties
- Avocado: full of healthy fats
- Bee pollen: increases energy and stamina

- Brewer's (nutritional) yeast: great source of vitamin B-12
- Cayenne pepper: will improve circulation and opens up the arteries
- Chia Seed: Makes you feel full and helps with weight loss
- Raw Chocolate: high in antioxidants to slow the aging process
- Coconut oil: fat-burning power food that is antiviral and antibacterial
- Flax oil: boosts immune system and has anti-inflammatory effects
- Ginger: powerful anti-inflammatory and digestive-function strengthening properties
- Gogi berries: high in antioxidants to slow the aging process
- Maca root: improve energy levels and endocrine health
- Pomegranate juice: lowers cholesterol and has other cardiovascular benefits
- Sprouts: provides lots of enzymes and they oxygenate the body
- Wheat germ (raw): helps with PMS/menopause symptoms and healthy skin and hair
- Wheatgrass juice (fresh or powdered): alkalizes cells and boost energy levels
- Yogurt or kefir: helps with digestion and fights against bacterial infections

## **5. After the Cleanse: VERY IMPORTANT**

Congratulations on taking control of your health by caring for your body and feeding it what it needs to be slim, healthy, and vibrant! You will reap the rewards now and continue to enjoy a lifestyle of optimal health and happiness. Be sure to always make time to nourish your inner spirit and soul by giving your body the rest and relaxation it needs to stay strong and healthy. You have given yourself a wonderful gift of optimal health and wellness.

**DO NOT GO RIGHT BACK INTO EATING WHOLE FOODS RIGHT AFTER THE CLEANSE!** Now that you have not been eating your normal diet for a time and your body has been cleansing, it is of utmost importance that you slowly begin adding whole foods back into your diet. You may feel tempted to eat a lot, but this can be very damaging to your system. Take at least three days to reintroduce whole foods to your diet. Salads are a good place to start. Make delightful salad dressings to please your palate. Continue drinking your smoothies and listen to your body to see what foods work well for you.

Your first two days after the cleanse, you should drink a green smoothie for breakfast and have salad or sautéed veggies for lunch and dinner. The goal is to eat very light. Eating whole foods too quickly can make you feel bloated, nauseated and sick. Trust me this has happened to me and I was really bloated! Ugh!

The third day after the cleanse, you should be able to have one green smoothie for breakfast and a light meal with salads, and lean healthy meats, like fish or chicken for lunch and dinner. By the fourth day, you should be able to eat whole foods fairly easy, but to avoid all the weight coming back, keep your meals light and healthy. You won't crave unhealthy foods at this point, so it should be fairly easy to do. It's a good habit to always start your day (breakfast with a green smoothie) to maintain weight loss.

***Even one green smoothie a day, used as a replacement meal will put you on the road to permanent weight loss and better health. It will reawaken your metabolism and help give you***

*more energy. You deserve to be happy, healthy and fit! Whatever happened in the past, whatever bad eating choices you might have made, those need to remain in the past. Look to your future, keep moving forward and make food choices that make you feel good inside.*

***WEIGHT LOSS TIPS....the healthy, natural way:***

- *Eat a Big Salad Daily:* Eat a big salad full of dark leafy greens and lots of colorful vegetables every single day.
- *Drink At Least 1 Green Smoothie Daily:* Drink at least one green smoothie every day. This, along with the salad will really add a lot of nutrition to your body and will help you to stop having unhealthy cravings. You can add some whey protein, flax seeds, spirulina, coconut oil, and bee pollen to it for an extra health boost.
- *Choose nutrient-rich foods, not empty calories.* This means you will eat foods that are high in vitamins, minerals, phytonutrients, fiber, and omega-3 fatty acids. Eating junk foods is like eating empty calories. You want your calories to provide you with nutritional benefits that will help you heal your body and maintain a permanently healthy weight.
- *Eat protein with every meal.* Eat protein with every meal, and eat it first before the carbohydrates or fats. You can also eat protein by itself. Eating protein foods does not cause insulin spikes, making them an important staple of eating clean and balanced foods.
- *Always “balance” carbohydrates with protein.* Whenever you eat a carbohydrate, eat some protein along with it. As a general guideline, the protein should be about half the amount of the carbohydrates. For example, if you had 30 grams of carbohydrates, then eat about 15 grams of protein along with it to prevent insulin spikes that cause excess fat to be stored in the body.
- *Avoid sugar, salt, and trans fat.* We discussed a number of foods that cause weight gain and are bad for your health. However, these three are at the top of the list. Try to avoid them at

all costs. They have no nutritional value and are simply bad for your health. Chapter 3 is entirely devoted to explaining how detrimental sugar is. Salt is also bad for your health and causes bloating, swelling, and fluid retention. As far as trans fat, the good news is that the FDA regulates it, and food manufacturers now have to list how much trans fat is in each serving when trans fats exceeds 0.5 grams per serving.

- *Limit your intake of red meat to two to three times per week.* Red meat contains a lot of saturated fat, so try to limit your intake to two or three times a week. Instead, eat more protein from fish, poultry, and vegetable sources, such as brown rice, beans, and nuts, which contain good essential fats.
- *Eat at least 30 grams of fiber per day.* Numerous studies have shown that high-fiber diets help you lose weight and protect against heart disease, stroke, and certain kinds of cancer. Chapter 8 provides a list of foods that are high in fiber as well as fiber supplements that help you to eat 30 grams of fiber per day.
- *Eat four to five times a day.* You will lose weight more quickly if you eat four or five times a day as opposed to only three meals (or fewer). Try to eat every three to four hours, and think in terms of three meals and two healthy snacks. Each time you eat, you stimulate your metabolism for a short period of time; thus, the more often you eat, the more you speed up your metabolism. Eating every two to three hours feeds your muscles and starves fat.
- *Buy organic as much as possible.* Buy organic foods, which don't have chemical preservatives, food additives, hormones, pesticides, and antibiotics. Fresh organic foods are far less toxic than highly processed and packaged/frozen foods and leave less residue and waste in the body.
- *Drink More Pure Water.* Water does an amazing job of detoxifying your body. The trick though is to not drink water with your meals. This will just dilute your digestive juices and cause your body to not be able to digest efficiently. Wait two hours after a meal and do not drink anything thirty minutes before you eat. It is amazing how much energy you will get



from doing this. Also, sometimes thirst is disguised as hunger. So there is a good chance that when you drink water, that hungry feeling will go away.

- *Try Green Tea:* Try to make the switch from coffee to green tea or even better, a non-caffeinated herbal tea if possible. Green tea is particularly helpful with reducing body fat and weight, stimulating digestion, and preventing high blood pressure. There are many wonderful benefits of drinking green tea, but as far as weight loss goes, it simply helps the body burn fat faster and more efficiently. Green tea is better than black tea or coffee because its caffeine works in a different way. Green tea makes the body's own energy use more efficient, thereby improving your vitality and stamina without your having to experience the up-and-down effect typically experienced with caffeine. This is due to the large amounts of tannins in green tea that ensure that the caffeine is taken to the brain in only small amounts, which harmonizes the energies in the body.
- *Don't Give Into Emotional Hunger:* You have to learn the difference between physical hunger and emotional hunger. If you feel the desire to eat, but you ate within two hours, you may actually be looking for a way to change your mood. See if you can find something to occupy yourself for at least one hour. Set a timer and drink some water. Tell yourself that you will eat in one hour. This will set your mind at ease. Then find a way to stay occupied or a way to feel fulfilled for that hour.

## 6. Frequently Asked Questions (FAQs)

Here are some of the most frequently asked questions about the Green Smoothie Cleanse.

*I'm challenged with making it the entire 10 days?*

If this seems too big of a challenge, no worries, you may customize your experience by doing a 5 or 7 day cleanse. However, you should take one day at a time and see how you feel after 5 days, 7 days and 10 days.

*What do I need to get started?*

In order to get started, you will need willpower, the shopping list, a blender and a few herbal/detox teas and any optional supplements that you already take.

*Should I Take My Medications? Are There Any Supplements That Are Important to Take?*

I am not a medical doctor so you should talk to your doctor prior to starting the cleanse. I would personally never stop taking any medications prescribed by a doctor. Whether or not you continue to take your current vitamin supplements during The Cleanse is up to you. I prefer not take vitamin supplements when I cleanse. However, the choice is yours.

*Why are greens chunky and not blended well?*

You can place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

*Can I Exercise While Taking The Challenge?*

Exercising while on The Cleanse is beneficial. However, if you feel really fatigued, REST! Listen to your body, if it wants to rest, please do so. The best types of exercises are brisk walking or yoga. Keep things simple during a detox.

If you do not currently exercise regularly, (this would be ME!) start small. Take a fifteen minute walk today and gradually increase your time over the next ten days. It is always best not to just dive right in and make yourself take an hour walk when you are not accustomed to exercising.

#### *How Long Will My Smoothie Keep?*

It is always optimal to drink your smoothie the same day you mix it. However, if you have some left over and wish to consume it the following day, that is just fine. When you break down the fibers of the fruits and vegetables and expose them to air, they do begin to oxidize and quickly lose enzymes and nutrition. Ingesting them sooner is best, within two days maximum.

#### *What If I Feel Like Eating?*

If you come to a point where you feel you would like to stop The Cleanse, there are a few things to try. First, know this feeling will pass. Try making yourself an extra delicious smoothie that you really liked. Have a few celery sticks, carrots or an apple. Have a handful of raw nuts or seeds. Be sure to only eat a handful because although they are healthy, too many of them can be fattening. Drink a refreshing cup of tea. For the first few days, this will really help to curb your hunger. Look forward to days five and then 7 days, and then 10 days as your amazing weight loss results and feelings of high energy will begin to outweigh the longing to eat those less-than-optimal, but tempting foods.

Rest up and stick with it. You can do this and you will be amazed at the results even after just a few days. Picture yourself telling your story. Go for a walk. Engage in something you thoroughly enjoy doing.

#### *What if My Bowels are Not Moving?*

Your bowels should move 1-3 times per day, optimally and never less than once/day. It is absolutely imperative that your bowels move toxins out of your system while cleansing.

If you haven't had a bowel movement in over 24 hours, there are 2 methods to get your bowels moving. One popular cleanse is the Salt Water Flush which is drinking Celtic sea salt with water. To tolerate the taste, you can drink two teaspoons of sea salt in eight ounces of water with

fresh lemon juice to make it go down and then follow immediately this with three more glasses (each 8 ounces) of water. Do this first thing in the morning while you have an empty stomach and you will have several bowel movements with 30 minutes to an hour. Method 2: One product that really works wonders at getting at the old fecal matter in your colon is Mag07, which I highly recommended. Take 3-4 at bedtime to have a bowel movement by morning. Many of my clients use Mag07 for regular cleansing.

*Why are my bowel movements green?*

Please don't freak out! It's completely normal and harmless. What you see is chlorophyll (what makes plants green) and it's a good thing. Over time as your body adjusts to more greens in your diet, your bowel movements will return to their normal brown color.

*Can I Drink Coffee While on The Challenge?*

The Cleanse is a time to give your body a rest. Coffee containing caffeine, gives your adrenal glands a rush and it is important to take a break from this. Coffee is also acidic. As you cleanse, you are bringing your pH into a more alkaline state which is imperative for health. Coffee will interrupt the process of bringing your body into an alkaline state. It is also an irritant to the intestines. Take a break from it for now. If you need to, have a cup of green tea instead. But, this also contains caffeine, so if you can make it without, avoiding it is best.

For all the serious coffee drinkers, the hardest part may be giving up coffee. So, here's a tip: on the first 2 days of cleanse, try half decaf/half regular coffee for 2 days, then the next 2 days, try all decaf coffee. Then after that, try no coffee for the remainder of the cleanse. This will help you gradually ease off coffee so you won't get such strong detox headaches. Additionally, there is a herbal, caffeine free coffee by Teeccino that is delicious! And feel to drink plenty of the herbal teas!

Consider slowly weaning yourself off of coffee during the week before you begin The Cleanse. You may experience a headache or even achiness during the first few days of the cleanse if you were a regular coffee drinker. Again, this is your body's cleansing reaction. It is very normal to feel less than optimal during the first few days. Consider this a sign that The Cleanse is working.

### *Can I use agave instead of stevia in the smoothies?*

Agave is OK in moderation but if you're interested in weight loss, Stevia is still the #1 sweetener. The way to think about sweeteners is how much they cause insulin spikes because that determines how much they will cause fat storage in the body. The GI rating: So stevia is a 0 (which is ideal)...agave is a 20, honey is about a 30, brown sugar/raw sugar is a 65... and white refined sugar is 80...so that gives you some perspective. I have 4 friends who all use 4 DIFFERENT brands of stevia and none of us like the other ones' stevia because they all taste different so you may want to try another brand. However, some prefer agave over stevia when baking.

### *Is It Safe?*

It is unlikely that any damage will be caused by consuming only fruits and vegetables for a period of two weeks or less. Not only is it safe to eat a large amount of plant foods, it may well add years to your life. Blended fruits and vegetables are very cleansing, so there is a possibility that you may experience a reaction as your body cleanses. The more toxic buildup that exists your system, the more chance you will have of this occurring. If you choose to go longer than 2 weeks, be sure you're getting additional protein into your diet.

### *Where can I learn more about green smoothies?*

My favorite books and websites on green smoothies are:

- Green Smoothie Revolution by Victoria Boutenko
- Green Smoothie Diet Solution by Liz Swann Miller
- Website: [www.SimpleGreenSmoothies.com](http://www.SimpleGreenSmoothies.com)
- Website: [www.GreenThickies.com](http://www.GreenThickies.com)

## ***Conclusion***

Remember that you have the power to change your life, and now with the information in this book, you have the tools to turn your dreams into reality. Every day is the beginning of the rest

of your life. You are in control of what happens today. Start dreaming about a sexy, beautiful body and watch it become reality. You have power over your body and your life, so live it with passion because you only get one!

In closing, I wanted to leave you with my *10 Commandments for Looking Young and Feeling Great*, which I always share at the end of my teleseminars.

1. *Thou shalt love thyself.* Self-love is essential to survival. There is no successful, authentic relationship with others without self-love. We cannot water the land from a dry well. Self-love is not selfish or self-indulgent. We have to take care of our needs first so we can give to others from abundance.
2. *Thou shalt take responsibility for thine own health and well-being.* If you want to be healthy, have more energy, and feel great, you must take the time to learn what is involved and apply it to your own life. You have to watch what goes into your mouth, how much exercise or physical activity you get, and what thoughts you're thinking throughout the day.
3. *Thou shalt sleep.* Sleep and rest is the body's way of recharging the system. Sleep is the easiest, yet most underrated activity for healing the body. Lack of sleep definitely saps your glow and instantly ages you, giving you puffy red eyes with dark circles under them.
4. *Thou shalt detoxify and cleanse the body.* Detoxifying the body means ridding the body of poisons and toxins so that you can speed up weight loss and restore great health. A clean body is a beautiful body!
5. *Thou shalt remember that a healthy body is a sexy body.* Real women's bodies look beautiful! It's about getting healthy and having style and confidence and wearing clothes that match your body type.
6. *Thou shalt eat more healthy, natural, whole foods.* Healthy eating can turn back the hands of time and return the body to a more youthful state. When you eat natural foods, you simply look and feel better. You keep the body clean at the cellular level and look radiant despite your age. Eating healthy should be part of your "beauty regimen."

7. *Thou shalt embrace healthy aging.* The goal is not to stop the aging process but to embrace it. Healthy aging is staying healthy as you age, which is looking and feeling great despite your age.
8. *Thou shalt commit to a lifestyle change.* Losing weight permanently requires a commitment to changes...in your thinking, your lifestyle, your mindset. It requires gaining knowledge and making permanent changes in your life for the better!
9. *Thou shalt embrace the journey.* This is a journey that will change your life; it's not a diet but a lifestyle! Be kind and supportive to yourself. Learn to applaud yourself for the smallest accomplishment. And when you slip up sometimes, know that it is okay; it is called being human.
10. *Thou shalt live, love, and laugh.* Laughter is still good for the soul. Live your life with passion! Never give up on your dreams! And most importantly... love! Remember that love never fails!

**Now that you have experienced the power of the 10-Day Green Smoothie Cleanse, be sure to share your success story with others and help them to reclaim their health and vitality.**

## **Additional Books By JJ Smith**

If you'd like more information on products offered by JJ Smith, please see the website at [www.JJSmithOnline.com](http://www.JJSmithOnline.com). The following books/eBooks can be found on the website:

- Lose Weight Without Dieting or Working Out! (Book)
- 6 Ways to Lose Belly Fat Without Exercise (Book – January 2014)
- Who Else Wants to Look and Feel 10 Years Younger (DVD Program)
- Why I Love Men: The Joys of Dating (Book)
- Rich Diva: 10 Secrets of Six Figure Women (eBook)
- 101 Best Places to Meet Men (eBook)



**JJ Smith's Bio**  
**www.JJSmithOnline.com**

JJ Smith is the author of the #1 Bestseller, ***Lose Weight Without Dieting or Working Out!*** She is a nutritionist and certified weight-loss expert, and inspirational speaker. She has been featured on *The Steve Harvey Show*, *The Montel Williams Show*, *The Jamie Foxx Show*, and *The Michael Baisden Show*. JJ has made appearances on the NBC, FOX, CBS and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, *Heart and Soul*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a “second youth” in her forties, bestselling author JJ Smith has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! JJ Smith provides lifestyle solutions for losing weight, getting healthy, looking younger and improving your love life!

JJ has dedicated her life to the field of healthy eating and living. JJ's passion is to educate others and share with them the natural remedies to stay slim, restore health, and look and feel younger. JJ has studied many philosophies of natural healing and learned from some of the great teachers of our time. After studying and applying knowledge about how to heal the body and lose weight, JJ went on to receive several certifications—one as a certified nutritionist and another as a certified weight-management expert. JJ received her certification as Nutritionist from the International Institute of Holistic Healing. JJ received her certification as a Weight-Management Specialist from the National Exercise and Sports Trainers Association (NESTA). She is also a member of the American Nutrition Association (ANA).

JJ's current work, *Lose Weight: Without Dieting or Working Out!*, is a revolutionary system that teaches proven methods for permanent weight loss that anyone can follow, no matter their size, income level, or educational level. And the end result is a healthy, sexy, slim body. JJ's breakthrough weight-loss solution can help you shed pounds fast by detoxifying the body, balancing your hormones, and speeding up your metabolism. You'll also learn which foods help you stay slim and which foods cause you to get fat. If you have been on a roller-coaster ride of weight loss, you will finally be able to get off that ride, lose weight and stay slim for life!

JJ holds a B.A. in Mathematics from Hampton University in Virginia. She continued her education by completing The Wharton Business School Executive Management Certificate program. She currently serves as Vice President and Partner in an IT Consulting firm, Intact Technology, Inc. in Greenbelt, Maryland. JJ was also the youngest African-American to receive a Vice President position at a Fortune 500 company. Her hobbies include reading, writing and deejaying.