Email #11

Complementary Blog Post: 3 Reasons to Drink Green Smoothies

Subject: Why Green Smoothie Cleanses Work

Hi [firstname],

You might be thinking that you’d like to live a healthier lifestyle, but you’re not sure how to begin. You could get rid of everything in you cupboard, fridge and freezer and start again, but that usually doesn’t work.

Another way would be to help your body reboot and adjust to the healthy changes you want to start making. One of the best ways to prepare your body for better food choices is through a green smoothie cleanse.

Green smoothies have become more popular in the last few years. A green smoothie cleanse can make the process of shifting to a healthier lifestyle a lot easier.

Green Smoothies Make Consuming Vegetables Easier

For people who are used to meat and carbs at every meal, it can be difficult eating as many vegetables and fruits that your body needs. They are amazing for you body, but not everyone likes product and won’t eat them.

Green smoothies incorporate vegetables you wouldn’t normally eat and depending on what goes in the smoothie they can mask whatever vegetable with the refreshing taste of various fruits. Definitely, a win win!

Be Hydrated, Alert and Energized without Coffee!

Coffee is usually a must in the morning to wake up and get energized for the day. Coffee in itself is not bad for the body. However, most people add sugar, honey, milk and creamer to their coffee – which in turn adds tons of calories. Green smoothies provide you a natural way to get the caffeine that you need to keep you going.

Instead of going to your local coffee shop, why not just whip up a smoothie yourself!

Green Smoothies Are a Convenient Way To Get The Vitamins and Minerals Your Body Needs

With how demanding and stressful daily life is, it can be difficult to eat the recommended fruits and vegetables that you need every single day. Green smoothies are convenient because they can add a few servings in one glass. These drinks are packed with vitamins and minerals.

Come to think of it a glass is a meal in itself.

Detox Your Body the Right Way

The term detox and cleanse is enough to make even the healthiest people not even try because it these terms are associated with words such as deprivation and starvation. Green smoothies provide a way to restart your body without missing meals and being at the risk of passing out. You get what you need without feeling bloated and heavy.

If you’re interested in knowing more about the health benefits of drinking green smoothies – take a look at this blog post:

LINK

Green smoothies will help you take restart your body, this means that you won’t get the cravings as bad when you start eating a healthier diet. Find some smoothie recipes and try green smoothies today.

[Sign off]