



Top 50 Best Stress Busting Smoothies: Stress Management Made Easy

By Dan Harp

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Top 50 Best "Stress Busting" Smoothies Stress Management Made Easy Treat yourself to these easy nutritious creamy rich delicious "stress busting" smoothies at breakfast, or any time of day, and fill your body with loads of nutrients, including protein, vitamins, minerals, amino acids and enzymes, for stress relief, to build your resilience to stress, and to calm your frazzled nerves. Stressful situations are often unavoidable, but something as simple as a smoothie a day, or even as needed, can make all the difference in the world to how well you hold up to stressful situations, and how well you rebound from stress, so your immune system doesn't become impaired by stress, and you don't find yourself sick as a result of being over stressed, seeking help from your practitioner, or worse, when some basic stress relief could have, and may still, work wonders. Stress is the polar opposite of the deep relaxing, delta wave rest state needed for rejuvenation and a well-functioning immune system. A delicious healthy smoothie could easily complement anything else you might...



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