



# Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home

*Victoria Boutenko*

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## **Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home** Victoria Boutenko

VICTORIA BOUTENKO, acclaimed pioneer and recognized authority in the phenomenal green smoothie movement, has transformed and revitalized people's lives at her popular healing retreats. Now you can enjoy the same benefits by organizing your own green smoothie retreat with family and friends. This handbook provides the information you'll need to organize fun, healthy adventures for you and those you care about.

Enlivened by stories from Boutenko's well-designed workshops as well as testimonials from her participants, this guide includes recommendations for group activities, nutritional information, and recipes for a seven-day revitalizing retreat. Written for both beginner and experienced green smoothie enthusiasts, *Green Smoothie Retreat* provides both basic information and in-depth details about subjects such as the healing properties of greens, analysis of water, and vital nutrients that enhance health.

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Green Smoothies are Satiating  
Seven Days of Green Magic  
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I Feel Younger, Healthier, and Happier Than Ever.  
Out of The Wheel Chair and Rheumatoid Arthritis Gone  
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