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### **superfoods today purple smoothies pdf**

10-Day Green Smoothie Cleanse (2014) is a 10-day detox/cleanse made up of green leafy veggies, fruit, and water. 10-day cleanse “ either full (green smoothies and light snacks) or modified (green smoothies and snacks and a non-smoothie meal a day).

### **10-Day Green Smoothie Cleanse by JJ Smith (2014): Food list**

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Studies like this, in which Harvard researchers found the consumption of whole fruits such as blueberries, grapes, and apples was significantly associated with a lower risk of type 2 diabetes, whereas greater fruit juice consumption was associated with a higher risk, highlight the dramatic difference between eating whole fruits and just drinking fruit juice.

### **Juicing Removes More than Just Fiber | NutritionFacts.org**

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