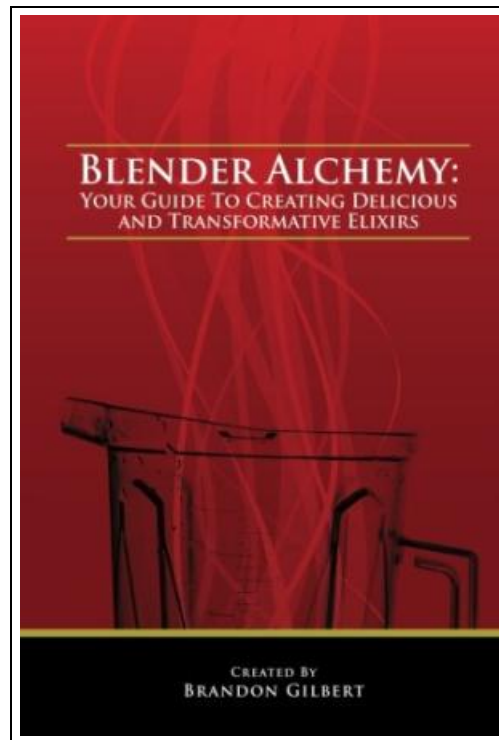


Blender Alchemy



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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn to make elixirs that consistently deliver: -Delicious taste and texture that has you craving one everyday -Sustainable energy -No jitters or crashes -Easy absorption of medicinal herbs and other highly nutritious ingredients -Heightened awareness -The ability to replace a meal -Aid in digestion -Immune system boost -Daily recharge and balance The road to a perfect elixir is neither a straight one, nor it is without bumps, detours, potholes, and possibly more pit stops than you had originally planned for. Basically, if you've been brave enough to embark on this journey of drink exploration, you may realize by now that it's not easy to get the correct formula that covers all the bases of your personal needs. Whether the taste doesn't make you crave it again, your feeling hungry soon after, or your digestion pays the price; there are important guidelines to consider when creating elixirs that take years of practice making them and, at times, loss of money and product experimenting. As it is easy to throw everything you have in a blender, even if it ends up not tasting too badly, there are profound effects that take place inside of our bodies that create imbalances. With all of these new and exciting herbs and supplements at our disposal, elixirs are a perfect way to integrate them into our diets, especially if you may not particularly like how they taste in a stand-alone fashion. However, being that these ingredients are all so new to us, it is important to know what goes well with what, any why! Possibly even more important is knowing your body and metabolism and learning how to cater to your...



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