



The Kale Shake Diet: So Simple, Anyone Can Do It

Dr Eric Berg

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Most of us know that our bodies need a certain amount of nutrients per day to stay healthy, yet few know the quantity needed. It used to be said that an apple a day keeps the doctor away. Well, that was true in 1965. Times have changed and so should your diet! Nowadays, due to soil nutrient depletion, it would take 6 apples a day to equal certain nutrients that you would see in one apple in 1965. That is why some have found new means to pack their diet with essential nutrients. The Kale Shake diet is one of the best ways to do this.

Whether you have heard of the Kale Shake diet or not, you may find the idea a bit strange and you may have quite a few questions. That is why this book answers questions such as:

- Why kale?
- What type of results might this diet create?
- Should I also change the rest of my diet?
- Is it okay for small children or a pregnant mother?
- When should I drink them?

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