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The green smoothie girl 26 day detox is 26 days of the best rest and repair you will ever receive. Get your body back to a happy place again! How many calories in a green smoothie? I get this question a lot. In this post I've broken it down for you, to the quart and the ounce! Magnesium provides many health benefits, both physical and mental. At the same time, many people do not consume enough magnesium to provide these benefits. The best way to ensure that your body has the magnesium you need is to eat a diet high in magnesium-rich foods such as vegetables, nuts, legumes and whole grains. You are what you eat. It was true before Christ and remains *anno Domini*. And today, it could be the difference between preventing cancer and a life-threatening diagnosis. Cancer diets are wide-ranging and, like any diet, success depends on you. We will showcase a list of foods for cancer patients to ...