
From: Jeevacation <jeevacation@gmail.com>
Sent: Monday, April 13, 2009 12:11 PM
To: [REDACTED]
Subject: Fwd: Nutrition...like smoothies? :)

This is a yoga and bodywork person =or you and the girls

Sent from my iPhone

Begin =orwarded message:

From: [REDACTED] <[REDACTED]>
=b>Date: April 10, 2009 11:18:25 PM EDT
To: Jeffrey =pstein <jeevacation@gmail.com>, <[REDACTED]>
Subject:<=b> Nutrition...like smoothies? : =

=Hi there!

My intuition thought to share another idea for =effrey!

I like very much my homemade smoothies, here are some of =y recipes:

avocado
banana
almond butter
coconut milk =nd/or coconut water or rice =ilk

avocado
strawberries
coconut milk
coconut =ater

avocado
banana
strawberries
blackberries
coco=ut milk
coconut water

I have been drawn to coconut milk and =ater lately, very good things in them and I like very much getting my =ood via tasty foods!

And, avocado good one...see if you can get =hem in your diet, I think it is helpful keeping skin young =oo!

;)

Big kiss!



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