

**VITAMIN SOUP : 26 SECRETS TO A HEALTHY
LIFESTYLE**

LeeAnn Elyce Saputo

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Sally Galloway is the author of Vitamin Soup (avg rating, 2 ratings, 1 review, published), Vitamin Vitamin Soup: 26 Secrets to a Healthy Lifestyle.

Related books: [The Boy Who Changed the World](#), [The Treehouse Voyage](#), [Two Tribes](#), [Now You Die: A Very Short Story](#), [Free Money](#).

My husband and I are literally moaning with pleasure with every spoonful. These soups look so healthy. Please try again later.

Doyouevereatsomethingyummyinahurryandthenforgethowgoodittasted?Sa
They all look delicious...badly in need of nice new nutritious recipes. Just reading the book and practicing the exercises got me more deeply in touch with caring for myself and honoring the divine spirit inside me.

Show252550All.TopReviewsMostrecentTopReviews.You can replace vegetables high in sugar, such as sweet potatoes, carrots or beets, with green leafy vegetables spinach, parsley, kale, brussels sproutscauliflower and broccoli, and add creaminess with small portions of beans, which balance the blood sugar levels.