



# Living On High Speed: Raw / Vegan Wellness Guide with 200 Blender Recipes - Change Your Life

*Scott A Black*

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Life is about change. Some changes are forced on you, some are unconscious, some are mystical or spiritual and some changes you can create. Trust me when I say that it is no fun to have changes forced into your life. So I suggest before life forces a change on you and before an unconscious change occurs, take the time to create the change you want in your life. In this guide you will learn that total wellness is more than proper nutrition, wellness is more than working out, wellness is more than meditating, proper sleeping, breathing, love and laughter. Total wellness is about combining everything. Learn how to live your life with purpose and how to create your own change. Discover why high speed blenders can be your best friends. Find over 200 new raw and vegan high speed recipes. And you will find the Vortex Zone a special place that details my life changing motto (Change Your Body – Change Your Mind – Change Your Energy) with all of its associated life changing steps. Vortex Zone Sneak Peek Change Your Body Discover Living Super Foods, Discover The Top Foods To Avoid and The Top Foods To Blend, Discover The Many Forms Of Working Your Body, Discover Proper Breathing, Stretching and More. Change Your Mind Discover The World Of Meditating, Releasing, Living In The Now, Identifying Trigger Points, Stress Avoidance and Much More. Change Your Energy Live your life on “high speed” to attract “higher” energy by living in Love, Being Generous, Being Truthful, Practicing Prayer, QiGong and Much More.

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