

Isabel De Los Rios Reviews Athletic Greens for Improved Family Health

Rick Porter February 10, 2014



Isabel De Los Rios From Beyond Diet Reviews How Athletic Greens Superfood Cocktail Can Benefit Families and Improve Overall Health.

(Newswire.net -- February 10, 2014) Boston, MA -- Isabel De Los Rios, the international best-selling author of *The Diet Solution*, shares all of her food knowledge and thousands of delicious recipes with people to help them feel great about their bodies, weight, and health. The co-founder of the Beyond Diet nutrition plan and certified nutritionist has helped over half a million people, globally, lose weight and reclaim their health. She is dedicated to providing the best nutrition tools and information to weightwatchers trying to

safely and effectively lose unwanted fat. In this video she shares the benefits her family experiences by using her absolute favorite supplement Athletic Greens.

In this video she answers questions that arose after her first [Athletic Greens review where she covers the overall health benefits](#) an individual will receive from taking this supplement daily. Isabel discusses how not only does she have more energy and get sick less often when taking Athletic Greens Superfood but also her husband and two children have started to benefit from adding it to their daily routine. Additionally, Isabel De Los Rios uses it to fight off colds as she explains here “When my husband or I start to feel a little bug coming on, when we start to feel sick, we increase the dose of athletic greens to two servings or three servings for as many days as it takes to feel better and it works like magic.” Furthermore, she advises anyone looking to implement Athletic Greens into their children’s nutritional habits to consult with their pediatricians first.

However, once pediatricians give their approval Isabel shares how her husband and she share their Athletic Greens servings, about four or five sips, with their children. Additionally, Isabel includes her family’s secret tips and tricks to ensure they don’t miss their daily serving of Athletic Greens despite living a busy and exciting lifestyle (which includes hiking mountains in North Carolina). Due to the portability of Athletic Greens anyone exercising or doing another daily activity and is short on time can take this supplement with them and consume it at their convenience. Moreover, Isabel emphasizes the importance of taking it as early in the morning as possible to benefit from the added energy levels Athletic Greens provides.

Athletic Greens is made from seventy five whole food sourced ingredients in their natural form and this delivers optimal nutrient absorption, boosts the body’s alkalinity, and improves digestive health. Additionally, providing twelve servings of fruits and vegetables in just one serving Athletic Greens could replace all multivitamins, probiotics, vitamin c, b vitamins, and digestive enzymes. Isabel De Los Rios clarifies why Athletic Greens is her favorite supplement with this statement “If I didn’t believe so much in this product I wouldn’t talk about it so much. I truly, truly believe it can make a huge difference in your health, in your weight loss, and how you feel every day.”

The full video reviewing all the benefits a family can receive from Athletic Greens Superfoods can be viewed here: <https://www.youtube.com/watch?v=-1tn7MKhBC8>

To learn more about Athletic Greens and get a free trial visit: <http://AthleticGreens.com>

Source: <http://www.newswire.net/newsroom/pr/00080025-athletic-greens-benefits-isabel-de-los-rios.html>

About: [Athletic Greens](#) has been carefully formulated by doctors and nutritionists, after more than ten years of research, to deliver essential nutrients with an easy to mix powder and naturally sweet taste. It is the world's most comprehensive daily formula for superior health and athletic performance. The company, founded in 2009, calls it the Superfood Cocktail, but an alternative definition, could be The Ultimate Nutritional Insurance Policy. Athletic Greens is designed for those who want to take their health, energy, immunity, and fitness to the next level.

Source: <http://www.newswire.net/newsroom/pr/00080161-family-benefits-of-athletic-greens.html>