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Long-term aggravated Vata is also associated with catabolism or the breaking down of tissues. This is one of the reasons why people often feel very energetic when initially getting into green smoothies (and raw food generally) â€“ because when a cell breaks down a huge amount of energy is released! 3 Reasons to Avoid Green Smoothies - Ayurveda | Everyday ... - Greenpeace will never stop fighting for a greener, healthier world for our oceans, forests, food, climate, and democracyâ€”no matter what forces stand in our way. Greenpeace USA -

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