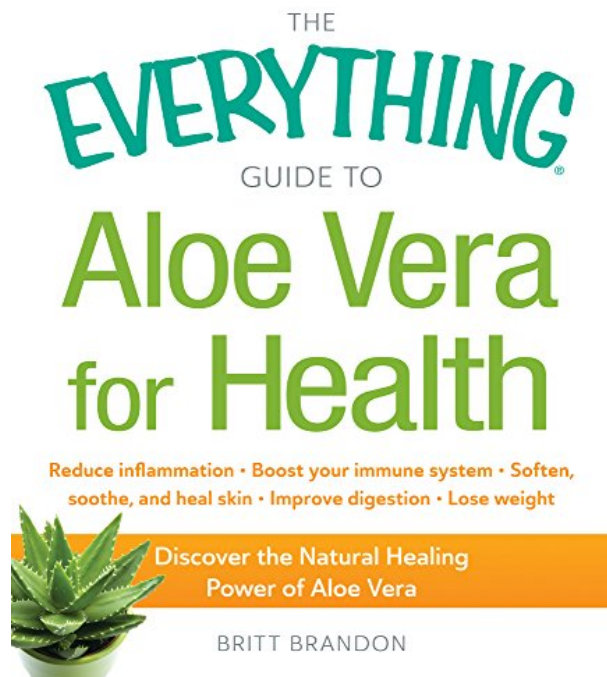


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About the Author

Britt Brandon is a Certified Fitness Nutrition Specialist. She blogs about fitness and nutrition at UltimateFitMom.com and is the author of many books, including *Apple Cider Vinegar for Health* and *The Everything Green Smoothies Book*. She lives in Jensen Beach, FL.

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