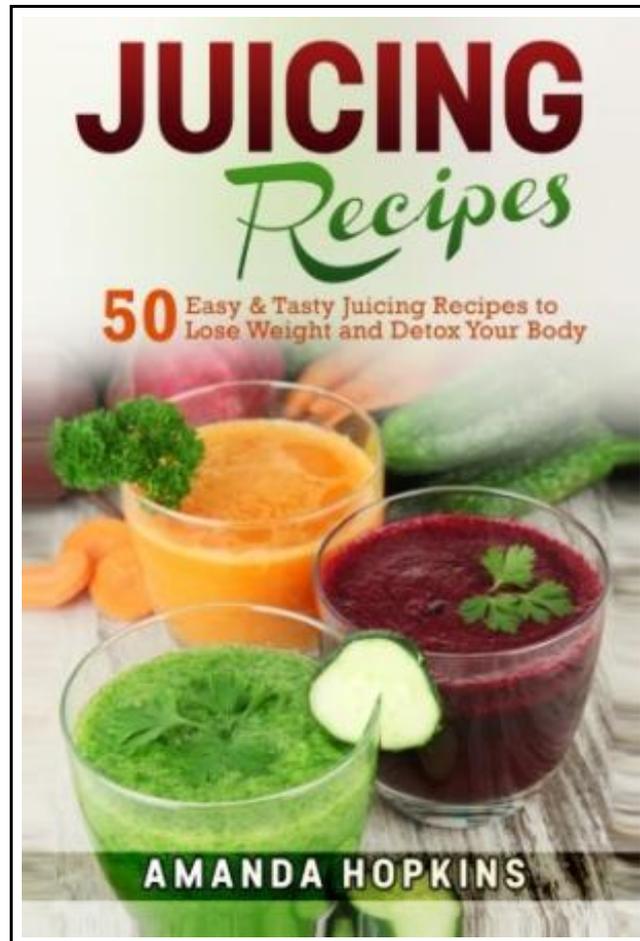


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Juicing Recipes, Juicing Detox Juicing for Weight Loss There is no doubt that the things we eat and drink have a significant impact on our health and well-being; so, it is imperative that we be extremely selective when it comes to choosing what we consume. A healthy eating plan should include plenty of fruits and vegetable, especially considering the wonderful health benefits they have to offer. In order to get the most out of these products, many people have turned to juicing to ensure they are consuming adequate quantities of fruits and vegetables in their daily diet. Juicing offers an exceptional product by extracting the natural juices from a wide variety of fruits and vegetables. It also offers an excellent way to help you lose weight. These natural juices are low in calories because they contain a great deal of water as well as fiber, which helps the body shed toxins. Of course, the juice that is extracted from fresh fruits and vegetables also contains ingredients that will help to suppress your appetite. You don t have to feel deprived or hungry. Whether you are new to juicing or you ve been doing it for a long time, this book offers fresh ideas you ll want to try. There is an abundance of wonderful recipes that will get you excited about juicing. One of the biggest hurdles people encounter when juicing is knowing which juice combinations to make or how to go about the process of juicing. This book offers an easy guide and delicious recipes that will help you overcome these problems. You can easily retrain your palate to enjoy the low fat and...



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