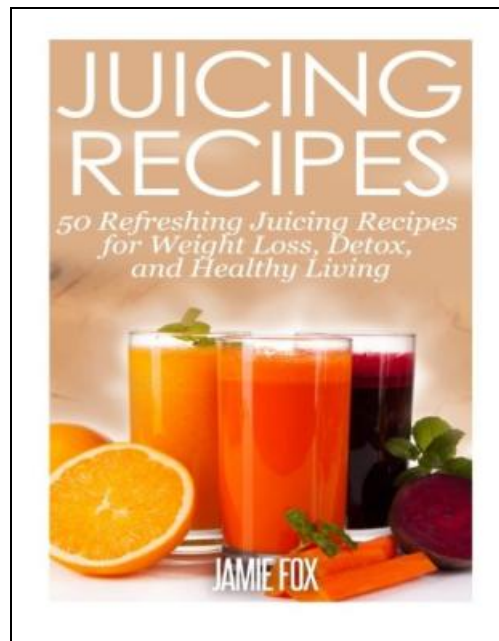


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 70 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. 50 Refreshing and Healthy Juicing Recipes If you are looking for the best juicing recipes around you have finally came to the right place. Look no further, here are 50 juicing recipes that will aid weight loss, help your body detox, and promote healthy living. Do you need an aid to your weight loss goal Do you need more energy throughout the day Do you want to start living a better, healthier life Have no fear, I am here to demolish your health concerns and body issues. This book contains 50 refreshing juicing recipes that are packed with nutrients, vitamins, fresh fruits, and vegetables. I have been drinking fresh juice mixtures for almost a year now, and am currently drinking one a day to get back to my previous weight before having my son in September. I have found these juicing recipes have increased my energy and have helped in my weight loss journey while providing my body with the proper nutrition that it needs. I decided to create this book to help other individuals see the same positive results as I do. You are about to achieve the best you by filling your body with nutrients, vitamins, and proteins that are packed into these refreshing juicing recipes This book explains the health benefits within each sections of juicing recipes to let you know the positive benefits you are providing to your body. How would you like to: Lose stubborn body fat Obtain clear radiant skin Feel energized Enjoy your diet plan Increase the process of your digestive system Detox your body Speed up your metabolism Feel full, longer Re-energize your mind Provide your body with high amounts of nutrients BE...



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