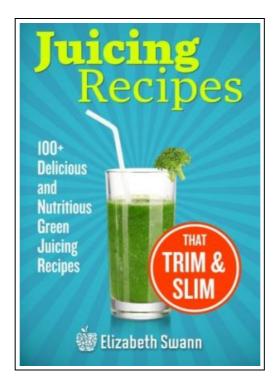
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Fast Lane Publishing, United States, 2013. Paperback. Book Condition: New. 250 x 174 mm. Language: English . Brand New Book ***** Print on Demand ******. Take Your Journey to Amazing Health to New Heights with this Fantastic Collection of 100 Green Juice Recipes That Trim and Slim! Are you ready to incorporate more healthy vegetables and fruits into your diet, but not quite prepared to chew your way through endless plates of fiber-filled produce? Discover how getting the best nutrition possible can be delicious, simple, and incredibly quick, all with the help of a basic juicer and this fresh batch of 100 mouthwatering, nutrition infused recipes. Start Reaping Healthy Rewards from the Start! In each section of this easy-to-follow book, you Il find specific recipes broken into ten different categories addressing many daily challenges most of us face on a consistent basis. Dealing with mental fog or feelings of fatigue? Liz Swann has you covered. No matter who you are or what challenges you re facing, you Il find easy solutions within these information-packed pages. Here Are Just A Few Of The Amazing Benefits You Il Recieve From Drinking The Juices Inside. -- Safe and natural weight loss, no gimmicks required. By eliminating processed foods and hidden sugars, and by feeding the body at a cellular level, you eliminate sugar cravings and lose unwanted pounds and inches fast. -- Detoxification the natural way to ensure your body sheds the pollutants that accumulate in its systems from simple exposure to the air we breathe, the water we drink, and the many unhealthy foods most of us consume. - Managing stress by feeding the body properly, from the cells outward. Without proper nutrition, the toxic effects of stress and anxiety increase, completely throwing the mind and body out of balance. An entire section...



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