



Juice Dieting in Healthy Way: A Guidebook to Help You Lose Weight, Get Energy Boost and Perform Body Detox Safely, Plus 101 Juice Diet Recipes (Paperback)

By Sarah Sparrow

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you or your family member looking for natural ways to get healthier? Well, if you are then this is the book for you. In Juice Dieting In Healthy Way - A Guidebook To Help You Lose Weight, Get Energy Boost And Perform Body Detox Safely, Plus 101 Juice Diet Recipes, you'll not only uncover the information you need to successfully perform a juice diet but also provide you with delicious and nutritious recipes to get you started juicing fruits and vegetables. Reading through it, you will get to know about: - What is Juice Diet and How to Successfully Perform Juice Fasting Effectively? - Does Juice Diet Really Work and What to Expect? - The Pros and Cons of Juicing - The Ingredients You Could Use In Your Daily Juice Diet - Juicing for Weight Loss - Juicing for Diabetes, Cancer Prevention, Digestive Disorders and Anti-Aging - Know When To Stop A Juice Diet - Who Can't Be On A Juice Diet? - Exercising While Juicing - Guide to Choosing the Best Juicing...



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