



## 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 Diabets, 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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