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ABC's Of Juicing Wheatgrass Benefits Of Wheatgrass

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Alkaline Juicing for Weight Loss Holistic Wellness Project

Leafy greens (choose organic) like spinach, kale, lettuce, wheat grass etc. All kinds of alkaline veggies and fruits like cucumbers, zucchini, beets, tomato, garlic, fennel (it has a nice sweet taste), lemons, grapefruits, broccoli.

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Parsley Juice Juicing for Health Live Love Juice

A big handful of parsley; 3 carrots; 1 green apple; 1 orange; 1 tomato; 3. Spicy Parsley Juice For Kidney Health. This last juice recipe includes a mixture of green vegetables, offering an abundance of vitamins B, C and K, along with many beneficial minerals that are beneficial for a healthy kidney.

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