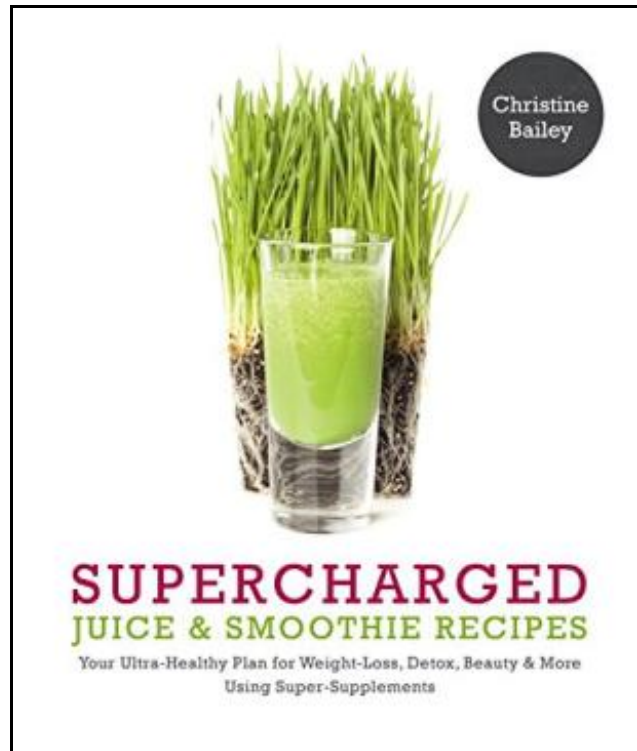


Supercharged Juice Smoothie Recipes: Your Ultra-Healthy Plan for Weight-Loss, Detox, Beauty and More Using Green Vegetables, Powders and Super-Supplements



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)


SUPERCARGED JUICE SMOOTHIE RECIPES: YOUR ULTRA-HEALTHY PLAN FOR WEIGHT-LOSS, DETOX, BEAUTY AND MORE USING GREEN VEGETABLES, POWDERS AND SUPER-SUPPLEMENTS



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DUNCAN BAIRD PUBLISHERS, United States, 2014. Paperback. Book Condition: New. 214 x 180 mm. Language: English . Brand New Book. Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic? Supercharged Juice Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, Bailey uses an array of ingredients including sea vegetables, herbs, teas, and tinctures to help you supercharge your juice regimen. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind. Bailey (author of The Juice Diet) also provides a handy reference section at the back to help you quickly find recipes to lose weight, maximize energy levels, boost your immunity, combat aging and look amazing. There is even a 3-day power-charged Superfood Juice Diet Plan to set you on your way to looking fabulous as well as feeling great.

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