



## The New Green Juicing Diet With 60 Alkalizing, Energizing, Detoxifying, Fat Burning Recipes

By Liz Swann Miller

Paperback. Book Condition: New. Paperback. 151 pages. Limited Time Special: Regularly priced at 4. 99 but now get it for only2. 99! Kick Start Your Journey to Amazing Health Today with this Comprehensive Green Juicing Guide! Are you sick of salads but keen on greens by any other meansDiscover easy ways to quickly tap into the wonderful world of green juicing from the comfort of your own home. Follow in the footsteps of doctors, celebrities, nutritionists and health food experts who all rave about green juicing health benefits. Start Enjoying The Powerful Health Benefits From Your Very First Sip! Meet Bestselling Author, Licensed Naturopath and expert Juicer Liz Swann. Her new book The New Green Juicing Diet focuses on Seven of the most important SECRETS to achieve amazing health, without burning holes in your pockets. Elizabeth will teach you how to: Detox your body by flushing out toxins with green juice cleansing and green juice fasting. Activate your bodys natural weight loss mechanisms to get rid of sugar cravings, hunger pangs and shed inches fast. Give your brain the nutrient boost it needs to stay focused throughout the day. Unleash your true green energy potential, and experience higher levels of vitality you never...



## Reviews

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