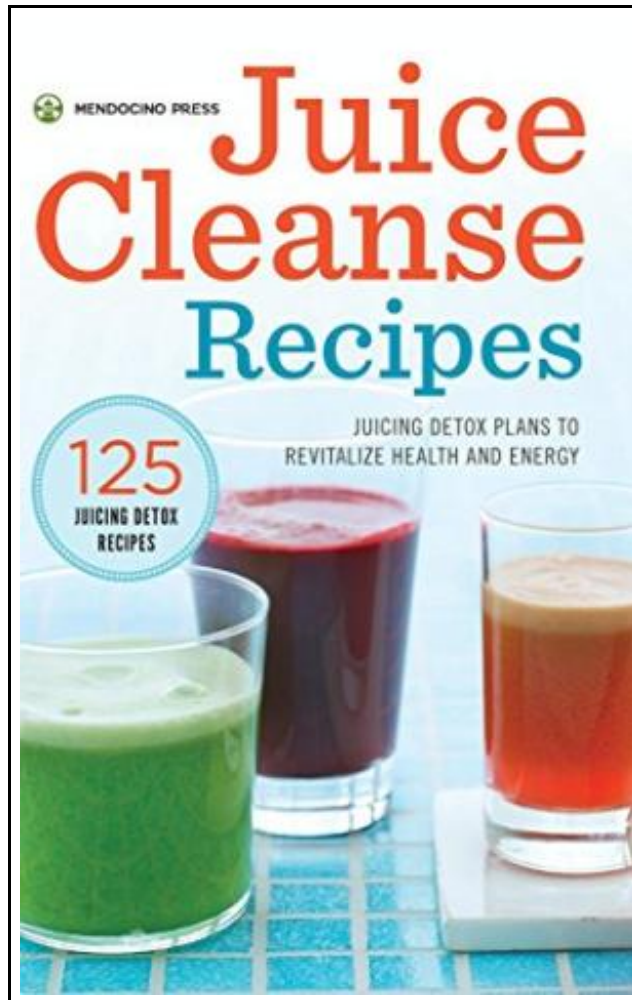


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Mendocino Press, United States, 2014. Hardback. Book Condition: New. 236 x 163 mm. Language: English . Brand New Book ***** Print on Demand *****.Whatever your goals are-clearing toxins, boosting health, or losing weight- Juice Cleanse Recipes will jump-start your diet plan and set your health program in the right direction. Most people think of a cleanse as a time to deny their body by eliminating foods or fasting. But a healthy juice cleanse gives your body more of what it needs: the nutrients essential for rejuvenating and resetting your natural detox system. Juicing a variety of fresh vegetables and fruits gives your body a nourishing boost that eliminates built-up toxins and restores your system s healthy balance. Juice Cleanse Recipes provides several nutritious detox programs that promote lasting weight loss, restore optimal health, and improve energy levels. Juice Cleanse Recipes will help you get started juicing with: 125 easy-to-follow juice recipes to keep you cleansed, energized, soothed, or satisfied, such as Carrot-Orange Juice, Papaya-Ginger Booster, Cucumber-Fennel Detox Juice, and Sweet Spinach-Basil Juice Meal plans for 1-, 3-, 5-, and 7-day juice cleanses, with detailed shopping lists Information on the basics of juicing, including what to expect during and after your cleanse, tips for making great juices Recommendations of the best foods to include in your juices- and those to limit or avoid Handy fruit and vegetable nutrition charts and measurement conversions Juice Cleanse Recipes makes resetting your diet as simple as introducing fresh, nutritious, easy-to-prepare juices into your life. So lift a glass-of juice-to your lasting health!.



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