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## A Beginners Guide to Juicing: 50 Recipes to Detox, Lose Weight, Feel Young, Look Great and Age Gracefully

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By Sharon Daniels

Createspace, United States, 2012. Paperback. Book Condition: New. 251 x 198 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With such an increased emphasis on health and nutrition, which comes on the heels of the rising obesity epidemic, many people are researching ways to look and feel good. In fact, there are hundreds of different products out there, all claiming to help you lose weight, strengthen your hair and nails, better your complexion, boost your immune system and mental strength. The truth of the matter is, most miracle weight-loss and beauty programs are just money-making schemes from big corporations. In fact, these products can do more damage to your body than good. So where do you turn? There s something out there that s way better than all man-made products combined. Something that actually works. And you re holding this miracle in your hands. Juicing is an all-natural, all-clean method of losing weight, looking beautiful, becoming mentally stronger, and even a way of cleansing your system of toxins. And the best part is that it works, and it s been proven to work by thousands of people - not by paid advertisers, but people like YOU. Juicing...



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