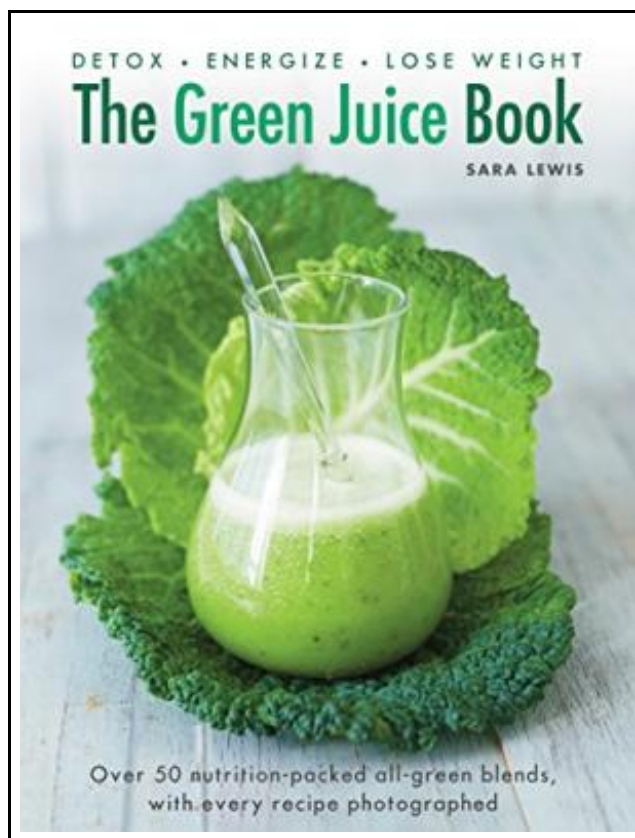


The Green Juice Book: Detox - Energize - Lose Weight



Filesize: 2.46 MB

Reviews

This book will be worth getting. Better then never, though i am quite late in start reading this one. Its been written in an extremely basic way which is only right after i finished reading this book through which actually altered me, alter the way i believe.

(Mr. Enrico Lesch)

THE GREEN JUICE BOOK: DETOX - ENERGIZE - LOSE WEIGHT



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Green Juice Book: Detox - Energize - Lose Weight, Sara Lewis, Here is the simplest and quickest way to get vitamins and minerals into your diet. Blending gives an instant nutritional hit, with all the benefits of raw ingredients. Fruits are good for you but can be high in natural sugars - so they are used here as back-ups to the folate-, zinc-, selenium-rich green vegetables. Kale, spinach, broccoli, cabbage, spring greens, lettuce, pea shoots, watercress, parsley, mint, cucumber, celery, green apples and pears are used - not to mention wheat grass, seaweeds, spirulina, green tea and all kinds of seeds and other superfoods. The chapters offer blends to enhance energy, detox, lose weight, and to boost your natural immunity.



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