



## A Foodie's Guide to Juice Fasting

By Julianne Dowse

Balboa Press Australia, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If a juice-based diet is so healthy, why don't more people do it? They may think they cannot go without food-or they're afraid to even try. You can overcome that fear, rejuvenate your body, and rid it of toxins with the tools and strategies offered in this guide to juice fasting. A guide that provides twenty-one juice recipes to quench your foodie's thirst and heal your body. Get the answers to important questions, such as: Why is it so important to include a form of fasting into daily life? What steps can reduce reliance on caffeine so you can start juice fasting? What other baby steps will help you juice fast? How should you approach the first three days of your juice fast? Inspirational quotes from some of history's greatest thinkers support the concept of fasting and will set your mind at ease. Plus, the author's personal experience with juice fasting gives you an insider's perspective on what to expect. Whether you want to overcome a sickness, feel more energetic,...



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