

Juicing to Lose Weight (Best Juicing Recipes for Weight Loss) + Smoothies Are Like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book (Poem for Mom Smoothie Gift Smoothie



Filesize: 5.62 MB

Reviews

The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.

(Prof. Alvis Wuckert)

JUICING TO LOSE WEIGHT (BEST JUICING RECIPES FOR WEIGHT LOSS) + SMOOTHIES ARE LIKE YOU: SMOOTHIE FOOD POETRY FOR THE SMOOTHIE LIFESTYLE - POEM A DAY BOOK (POEM FOR MOM SMOOTHIE GIFT SMOOTHIE

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a 2 In 1 box set compilation of 2 books. This compilation includes Juliana Baldec s 2 titles: Book 1: Juicing To Lose Weight Book 2: Smoothies Are Just Like You! . from one of America s most passionate advocates of turning common and sick making food choice into a healthy balanced lifestyle that includes 5 minute quick and effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Not only can these healthy blender recipes drinks boost your health, wellness and happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing weight and keep it off, and many other health benefits. When Juliana got started with juices, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious and satisfying drinks into a way of life. Combining juices, her secret morning elixir that she is going to share with you inside and a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing and Asthma problems at the same time. Consuming a combination of these fruit juices and vegetable juicing recipes will help your body get rid...



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