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The Juice Diet: The Healthy Way to Lose Weight

By Christine Bailey

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Juice Diet: The Healthy Way to Lose Weight, Christine Bailey, How many mornings have you woken up feeling sluggish, bloated and overweight? Tired of calorie-counting, low-GI or low-carb diets? Have you lost the motivation to tone up and lose weight? It's all too easy to reach for a breakfast full of sugar and fat, as well as additives and preservatives .and then grab a similar lunch and dinner. Flick through the pages of this book, though, and you'll discover a super-effective Juice Diet - follow this and you'll see the weight just drop off, as well as noticing fantastic improvements to the way you look and the way you feel. With more than 100 juices and smoothies divided into chapters on Juice Blitz (weekend plans), Juice Week (a week-long plan), Juicing for Life (a month-long plan for your daily life), Beauty Juices, Energy Juices and Immunity Juices, and mouth-watering juice recipes throughout, this book offers an easy and delicious way to achieve your body's true potential.



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