



Juice Fasting 101: Juicing for Weight Loss and Body Detoxification (Paperback)

By Amber Norato

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Looking for a natural and healthy way to lose weight and live healthier? Look no further than juice fasting! Juice fasting is great for experienced dieters as well as those just getting started. Juicing for weight loss is not a fad diet, but an effective, proven way of shedding the pounds and getting in the best shape of your life! This guide introduces you to juice fasting in a easy to understand way. Learn all about the best juicing diet plans as well as learn awesome juicer recipes for beginners! All the basics are covered in this book and after reading you ll be well on your way to improving your health through juice fasting! What s Inside The Book: - The top 5 reasons you should start juice fasting TODAY! - Dietary factors you NEED to consider when juice fasting. - The SECRET to naturally manipulating the flavor of bitter juices to make them taste AMAZING! - A COMPREHENSIVE guide to buying the PERFECT juicer for you! - Juicing recipes for weight loss that will BLOW YOU AWAY! .And...

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