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30 Day Juice Cleanse: Over 100 Juicing Recipes To Aid Weightless, Detox, And Fasting



Synopsis

* The Ultimate Juicing Recipe Guide * Juice cleanse diets are ways of ridding your body of dietary or environmental toxins, while ensuring adequate nutrition for optimal health and daily activities. A 30 day juice cleanse is a type of fast where you limit your diet to raw fruit and vegetable juices. Proponents of juice fasting believe that a high level of detoxification takes place while the body takes a mini-break from processing solid food. The juice itself is also thought to be an excellent source of antioxidants and vitamins. We have collected the most delicious and best selling juicing recipes from around the world! We have provided over 100 to choose from, allowing you to customize and plan your juice cleanse accordingly. Enjoy! Start your juice cleanse today! Scroll Up & Grab Your Copy NOW!

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Customer Reviews

Sample this book and be amazed, how great it is. Love the recipes for detox , energy, and fitness, delightfully wonderful.

Good recipes but the numerous grammatical issues and typos are annoying.

I fund a lot of recipes to try

Helpful!

Great little starter book for juice cleansing!

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