



The Big Book of Juice Fast Cleanse and Detox Recipes: Discover the Secrets of "Top 50" Best Green Juice Fasting Recipes for Quick Weight Loss, Looking Younger & Boosting Your Stamina

By Kishore, Ravi

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: **WHOWOULDN'T WANT TO KNOW HOW TO LOSE 7 LBS. USING A QUICK "BODY DETTOX& 3-DAY CLEANSE?"** Thousands of people are losing weight following a simple, yet effective, juice fasting diet; you could be one of them! Losing bodyweight through a detox and cleanse is not as hard as you might think. There are many juices that can help you achieve your goal in just 3-7 days. Learn how to: "Why You Go for Juice Fast?": Juice fasts are becoming a popular remedy to help cut down on fat, calories, and to help people lose weight. Unlike some popular diets, juicing supplies the body with many vitamins and minerals. These nutrients cleanse the body, repair the immune system, aid in maintaining proper digestion, and reset physiological processes that have been riddled with pollutants. Many individuals who have utilized this method for weight loss have reported losing an average of one pound a day. **Fat Burning and Body detox by "Juicing"**: Juicing is a powerful detox that flushes toxins out of the body as a part of an all-natural, self-regulatory cleansing process. People, on average, have at least 5-10 pounds of accumulated toxins in their cells, organs, and...



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