



Juicing Recipes for Weight Loss, Vitality and Health

Ginger Langley

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Juicing Recipes for Weight Loss, Vitality and Health is a collection of fresh raw food juice recipes that focus on helping you lose weight effectively without compromising your health. It is a perfect companion for dieters who want to lose a few inches and pounds while keeping their body nourished, strong, and healthy. A lot of information is provided to help readers understand the benefits associated with specific remedies that can be achieved through making a juice recipe that's provided in this book. Each recipe also explains the weight loss benefits of the key ingredients used to make the reader better understand why each fruit or vegetable is ideal for losing weight and maintaining a healthy diet. Besides all that, you will find nutritional values, which are included with each recipe. Juicers and blenders are also discussed so you can more effectively make a buying decision based on the elements that are important to you. Juicing Recipes for Weight Loss, Vitality and Health is perfect for those who want to start on a juice diet that is healthy, affordable, doesn't require hard-to-find ingredients, and will help you lose weight and live a healthy life.

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