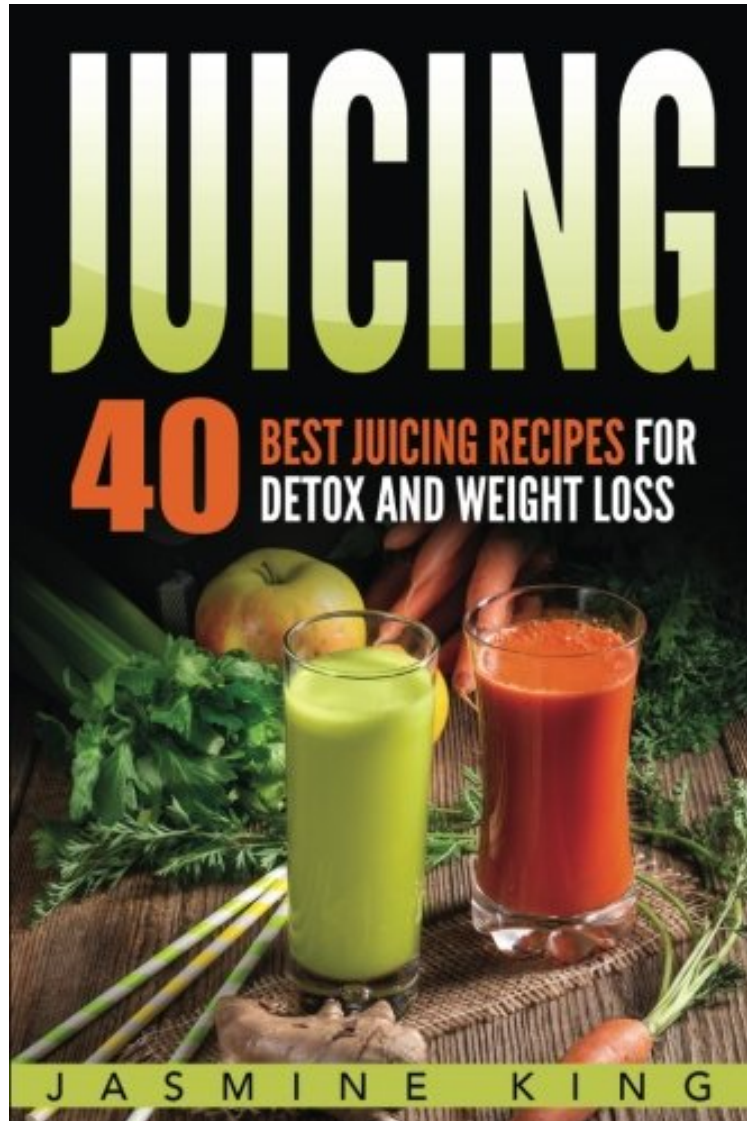


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Juicing: 40 Best Juicing Recipes for Detox and Weight Loss

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0 of 0 people found the following review helpful. recommended for beginnersBy AbelinaStaying fit and being healthy is always important for me. So, I keep reading books on diet/health related to keep myself motivated.This book has 40 juicing recipes that are helpful for me. I prepared berries antioxidant punch, which was amazing. Ingredients and directions are very simple to follow.It would have been great, if author would have included nutrient content for each

juicing recipe along with its health benefits. But if you are new to juicing, this book will give you an idea of combining different fruits. 0 of 0 people found the following review helpful. Must try. By Xianaiah Drikson I have never tried making my own juice. But I heard that it is a great for our health so when I got this book for free in exchange for honest review, I am happy to learn many things. The book provides varieties of juices that I really enjoy. Each preparation is quick and easy to follow. It does not also try to lengthen each, it is direct to the point. What I really love about the book is the nutrition facts it presents for each recipes which is very helpful in tracking what you consume. 0 of 0 people found the following review helpful. Great book for a healthier you! By Mary Jane White It's really time to become healthy and to start off, juicing is definitely on top of your list for a healthier you. I love all the recipes here for juicing. They are all yummy and refreshing and of course nutritious. It's the feeling you get after drinking...it feels that your body have been cleansed. I wish there were more ingredients because I tried almost all of them already.

Juicing for Weight Loss The things we eat and drink have a significant impact on our health and well-being. It is imperative that we be selective when it comes to choosing what we consume. A healthy eating plan should include plenty of fruits and vegetable, especially considering the wonderful health benefits they have to offer. In order to consume adequate quantities of fruits and vegetables in their daily diet, many people have turned to juicing. By extracting the natural juices from a wide variety of fruits and vegetables, juicing offers an excellent way to help you lose weight. These natural juices are low in calories as they contain a great deal of water as well as fiber, which helps the body shed toxins. These juices also contain ingredients that suppress your appetite. So you won't feel deprived or hungry. One of the biggest hurdles people encounter when juicing is knowing which juice combinations to make or how to go about the process of juicing. This book offers an easy guide and delicious recipes that will help you overcome these problems. Whether you are new to juicing or you've been doing it for a long time, this book offers fresh ideas you'll want to try. Order this book now and start on your exciting adventure into the world of quality juicing! ---- TAGS: juicing, juicing recipes, juicing for weight loss, juicing books, juicing detox, juicing for beginners, juicing for health

About the Author Jasmine King is a home chef from Florida. Food is her passion; she enjoys trying new recipes and creating healthier dishes. During the last three years, Jasmine has written and published many blog articles and books about nutrition, diets, and fitness.