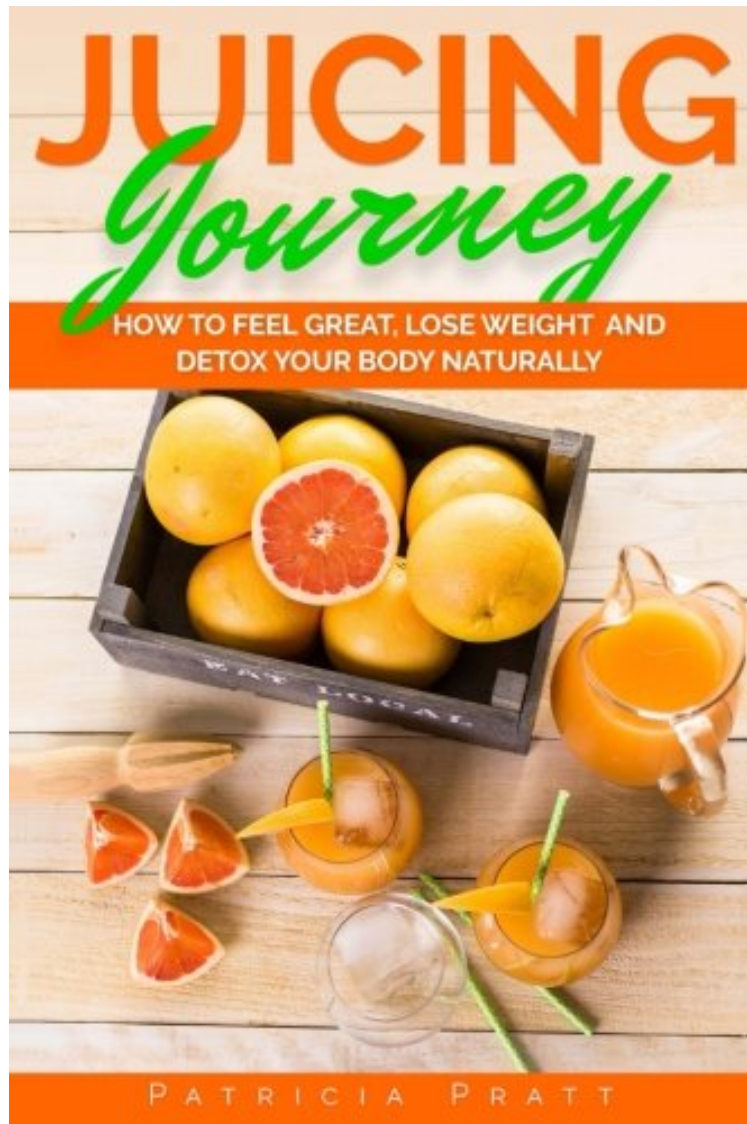


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## **Juicing Journey - How to Feel Great, Lose Weight and Detox Your Body Naturally: (The Essential Guide to Juicing for Beginners) (Volume 1)**

*Patricia Pratt*

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(The Essential Guide to Juicing for Beginners) (Volume 1):

0 of 0 people found the following review helpful. A very useful book  
By Kindle Customer  
I downloaded this book because I always want to improve myself in different ways. Next 2017 year I want to fix my health with jogging and healthy diet that includes Juicing. The book starts off with a great introduction for beginners into the world of juicing. Also there are a lot of interesting recipes, I have tried few of them already and going to try all of them. Zesty blackberry ginger booster is my favorite now!  
Pros:  
1. Nutritional breakdown of each recipe  
2. Info for what the recipe will be useful  
3. Clear directions  
0 of 0 people found the following review helpful. Actually this is juicing guide  
By Howard Zinn  
There are chapters on introducing to juicing and juicing benefits. I like how this book provides me with 101 information how to juicing for health, I like that recipes have nutritional information! This book is a great first step to attaining a healthier lifestyle and a smaller waistline. I recommend this book as a quick and easy starter for those who want to take the first step. Very satisfied  
0 of 0 people found the following review helpful. Good one!  
By Julia  
In this book, you will find all that you need to get start! Recipes are great, include nutritional information and they're easy to follow. I wish there were more recipes, but I guess Patricia will include more one in her next books! Thank you!

Discover How to Feel Great, Lose Weight and Detox Your Body Naturally  
You don't need to follow a diet plan prescribed by some health-and-fitness guru to successfully incorporate juicing into your diet. Juicing is easy, and there is no wrong way to go about it. Create your own flavor combinations using your favorite fruits and vegetables, and throw in some healthy additives to boost the nutritional value of your juices. Once you start juicing, you may find yourself wondering why you waited so long to begin. Here Is A Preview Of What You'll Learn with Juicing Journey  
What is Juicing? Health Benefits of Juicing Things to Remember While Juicing Juicing and Weight Loss Detoxify the Liver for Fundamental Good Health Juicing Recipes  
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