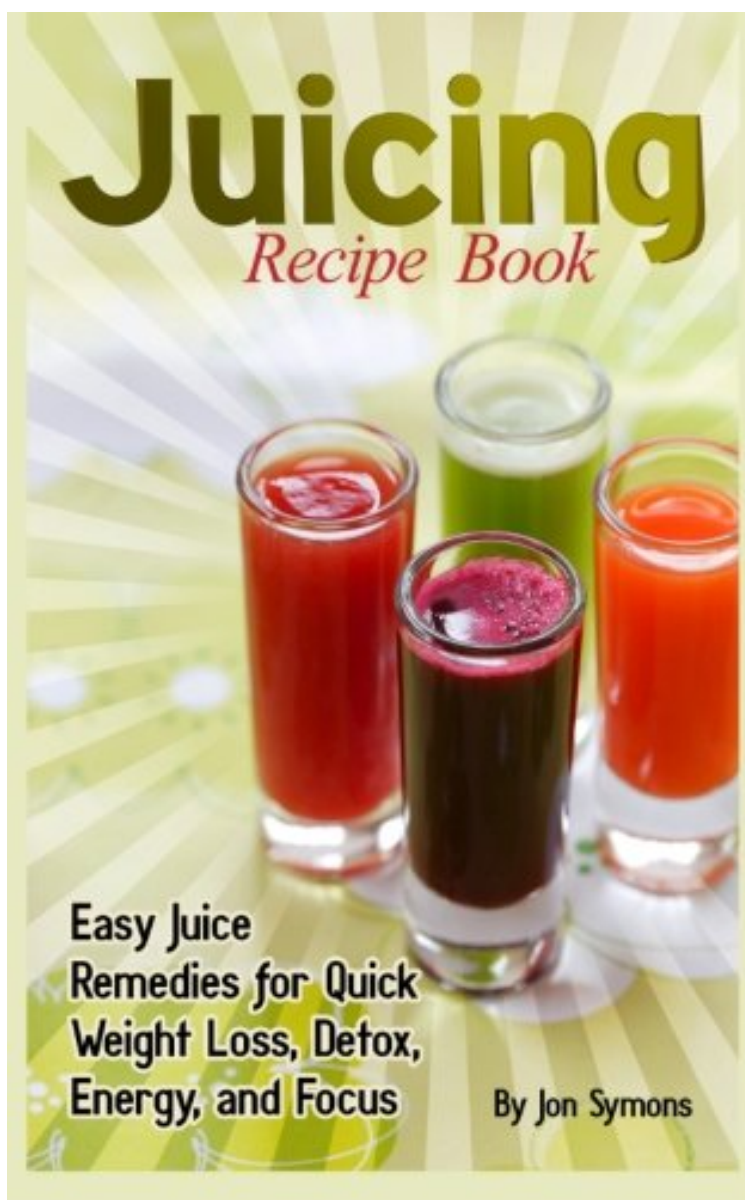


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## Juicing Recipe Book: Easy Juice Remedies for Quick Weight Loss, Detox, Energy, and Focus

*Jon Symons*

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**Jon Symons : Juicing Recipe Book: Easy Juice Remedies for Quick Weight Loss, Detox, Energy, and Focus**  
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Juicing Recipe Book:

## Easy Juice Remedies for Quick Weight Loss, Detox, Energy, and Focus:

Juicing... The Single Best Thing that You Can Do for Your Health Due to the fact that juice delivers highly concentrated vitamins, minerals, nutrients and even protein in a form that your body can quickly and readily absorb, there is no more natural way to improve and build your health. In the Juicing Recipe Book, you will find 81 delicious and easy juice recipes using common ingredients to address the following concerns: Inflammation Reduction - Anti-Aging Digestion System Aids Hangover Remedies Immune System Boosters Healthy Skin Overall Health Improvement Energy Drinks Detox Juices Cancer Fighters Lower Cholesterol Heart Health Weight Loss Juices Mood, Memory, Alertness Intelligence Blood Pressure Normalization Insomnia Sleep Aids Headaches, Colds, Flu Fever Fighters Bone Health Osteoporosis Improvers Bladder, Kidney Liver Health Sex Organs / Aphrodisiac Juices Besides the recipes, the Juicing Recipe Book also contains chapters that provide detailed guidance about: juicing for weight loss, juice fasting, precautions that you need to be aware of when juicing (did you know that even raw fresh juice can be too sweet), a rundown of the different types of juicers and how to find the best one for you (including the author's recommendations from years of experience) and how to shop for the best produce for your juice (which fruits and veggies you MUST buy organic, and which ones are okay, even if they aren't organic). The Juicing Recipe Book provides you with all the background information to be juicing like a pro in no time and then 81 healthy juice recipes to address fresh live nutrients to any area of concern in your body that can use some healthy support. Scroll up and click the BUY button now!