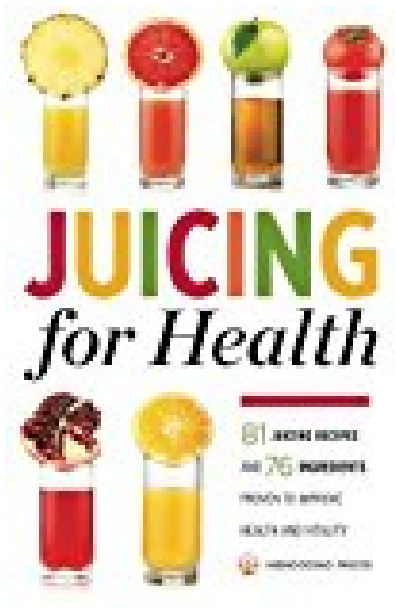


Juicing for Health 81 Juicing Recipes and 76 Ingredients Proven to Improve Health and Vitality



BOOK DETAILS

- Author : Mendocino Press
- Pages : 288 Pages
- Publisher : Mendocino Press
- Language : English
- ISBN : 1623153301

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BOOK SYNOPSIS

Achieve your best health with the amazing benefits of a juicing diet. Learn how to add fresh, vitamin-packed juices to your daily routine with Juicing for Health. Juicing is one of the healthiest ways to consume your daily recommended intake of vitamins and minerals. Juicing for Health will show you how to incorporate fresh juices into your diet for immediate positive results. With 81 antioxidant-rich juicing recipes that maximize the healing benefits of fruits and vegetables, Juicing for Health will help you prevent illness, fight disease, and feel more energetic. Juicing for Health will help you experience the amazing health benefits of fresh juices, with: 81 simple, delicious juicing recipes to improve health and well-being, promote weight loss, increase energy and vitality, decrease inflammation, and more 3-day and 7-day juicing detox plans to cleanse your system Dozens of healing fruits, vegetables, add-ins, and potent combinations for making your own juicing recipes from scratch 76 juicing recipe ingredients proven to improve health and vitality 7 tips for making your own juicing combinations With Juicing for Health, you can easily consume your daily dose of vitamins and improve your health while enjoying the delicious flavors of fresh fruits and vegetables.

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