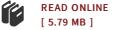# Detox Drinks: Juice Fasting Detoxification Fat Burning Smoothies: 30 Fat Burning Detoxification Recipes Superfoods Like Beet Juice, Apple Cider Vinegar, Wheatgrass, Coconut Water, Ginger Root, Kefir, Cacao Beta Carotene (Juice Fasting Deto

By Juliana Baldec

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.From one of America s most passionate advocates of turning common and sick making food choice into a healthy balanced clean eating drinking lifestyle that includes 5 minute quick effortless to make, tasty, healthy, vitality and energy boosting detox drinks. Juice fasting detoxification and fat burning smoothies consumer and author Juliana Baldec loves sharing her love and passion for these powerful health elixirs. These detox drinks contain raw detoxifying and superfood ingredients like apple cider vinegar, raw honey, leafy kale and spinach, beet juice, wheatgrass, coconut water, hemp milk, kefir, ginger root, walnuts, brazil nuts, carrots full of beta carotene and many other lean and clean making ingredients. Not only can these healthy detxox and juice fasting drinks boost your health and wellness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out! Anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, helping with digestive enzymes, treating...

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