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By Kevin Kerr

Createspace, United States, 2015. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for recipes that will help you achieve your health and fitness goals with ease? Here are 100 juice recipes that will supply you with an abundance of micronutrients, antioxidants, and phytochemicals which will remineralize and detoxify your body! Drinking fresh fruit, vegetable, and herb juices is probably one of the healthiest activities that you could be doing on a daily basis aside from exercising. It is fantastic for the body because it not only hydrates your cells but it provides them nourishment in the form of vitamins, minerals, antioxidants, and enzymes. If you re looking to lose weight or just simply feel better then look no further than juicing to help you in your endeavors!.



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