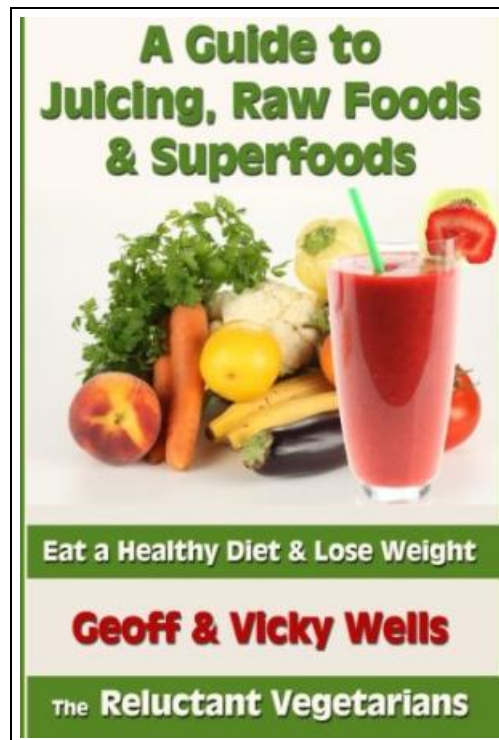


A Guide to Juicing, Raw Foods Superfoods Eat a Healthy Diet Lose Weight Reluctant Vegetarians



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(Vivianne Dietrich)

A GUIDE TO JUICING, RAW FOODS SUPERFOODS EAT A HEALTHY DIET LOSE WEIGHT RELUCTANT VEGETARIANS

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 76 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Eat a Healthy Diet and Lose Weight Without Hunger A Guide to Juicing, Raw Foods and Superfoods is a compendium of information that not only highlights the amazing benefits of adding juicing, raw foods and Superfoods to your diet, it also includes over 30 delicious and easy to follow recipes. It is the first step on your journey to finding the best options for a healthy lifestyle. The authors, Geoff and Vicky Wells, have already begun this journey and are seeing some remarkable results. They are aware that there is an ever-increasing group of people who are looking for natural solutions to their health problems and have sought to provide a number of solutions from their own experiences. The items that are recommended can easily be found in any local farmers market or grocery store and, if your shopping is properly planned, it will not put a strain on your grocery budget. Both the information and tasty recipes in this book are a must-have for any individual who wants to achieve optimal health. It also serves as a reference for those who are just beginning to research the benefits of a juicing, raw foods and Superfoods diet. Now is always the best time to begin your journey to a fitter, longer, healthier life. Here Are Just A Few Headings From Our Linked Table of Contents What Is Juicing Types of Juicers What Is A Raw Food Diet Do I Eat Nothing But Raw Food What Are Superfoods Some Highly-Rated Superfoods What Are the Benefits of Juicing Juicing Helps Boost Your Immune System Juicing Helps Clean Out Your Digestive System Juicing Helps You Lose Weight Juicing Gives You More Energy Juicing Helps You Improve Your Skin and...

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