



## Juicing Recipes: 50 Easy Tasty Juicing Recipes to Lose Weight and Detox Your Body

By Amanda Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Juicing Recipes, Juicing Detox Juicing for Weight Loss There is no doubt that the things we eat and drink have a significant impact on our health and well-being; so, it is imperative that we be extremely selective when it comes to choosing what we consume. A healthy eating plan should include plenty of fruits and vegetable, especially considering the wonderful health benefits they have to offer. In order to get the most out of these products, many people have turned to juicing to ensure they are consuming adequate quantities of fruits and vegetables in their daily diet. Juicing offers an exceptional product by extracting the natural juices from a wide variety of fruits and vegetables. It also offers an excellent way to help you lose weight. These natural juices are low in calories because they contain a great deal of water as well as fiber, which helps the body shed toxins. Of course, the juice that is extracted from fresh fruits and vegetables also contains ingredients that will help to suppress your appetite. You don...



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