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Juicing: Recipes - 101 Juicing Recipes for Weight Loss, Detox and Overall Health (Paperback)

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Juicing Recipe Book Updated Revised 101 Juicing Recipes For Weight Loss, Detox and Overall Health is a compilation of fresh fruit and vegetable juice recipes for people who want to effectively improve their health and lose weight. Anytime a person can increase the amount of fruits and vegetables in their diet your overall health will improve. It can be difficult to eat the recommended number of fruits and vegetables a day and juicing makes that headache disappear. Losing Weight With Juicing Recipes There is an important fact that many juicing books skim over when it comes to losing weight with juicing. You have to be very careful about the other foods you are consuming along with your juices. This is due to the fact that juice whether it is made at home or bought at the store is high in fruit sugars. This means they are also higher in calories. While some will want you to believe that juicing is a miracle fat burner the reality is it only works in conjunction with healthy eating. They work great for meal replacements or in...



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