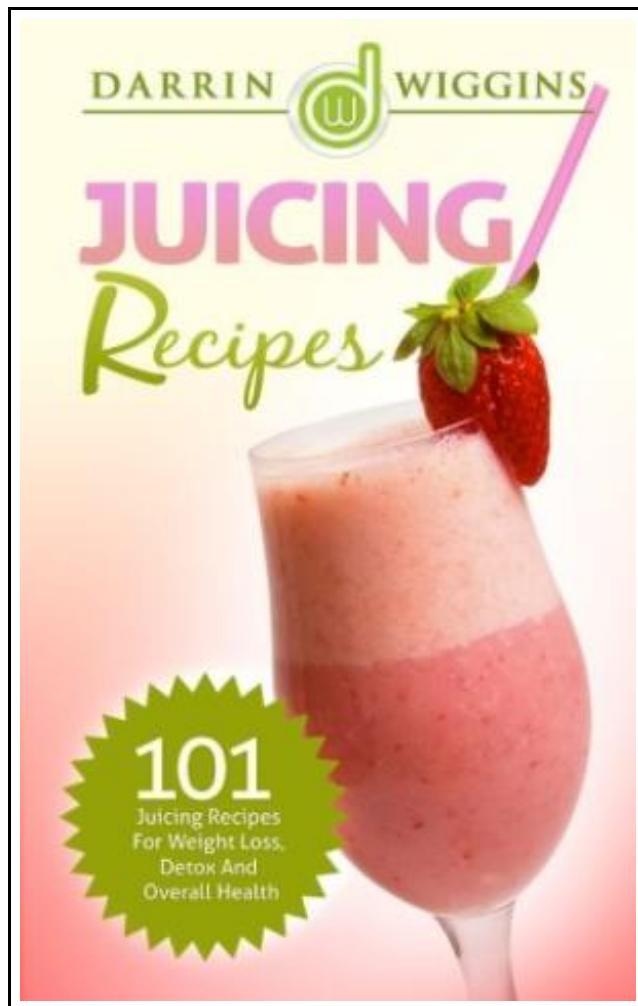


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Juicing Recipe Book Updated Revised101 Juicing Recipes For Weight Loss, Detox and Overall Health is a compilation of fresh fruit and vegetable juice recipes for people who want to effectively improve their health and loss 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 RecipesThere 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 addition to a meal that may be lacking a full spectrum of nutrients. The point is if you think you can just add a couple cups of juice a day and the fat will just melt off you have been misled.That is why this book provides a practical and easily implemented weight loss plan. It is a simple way to get your weight loss started using juicing and as you will see some smoothies. When using juices to help lose weight ensure you keep an accurate count of the calories you are consuming. Healthy or not a couple extra thousand...

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