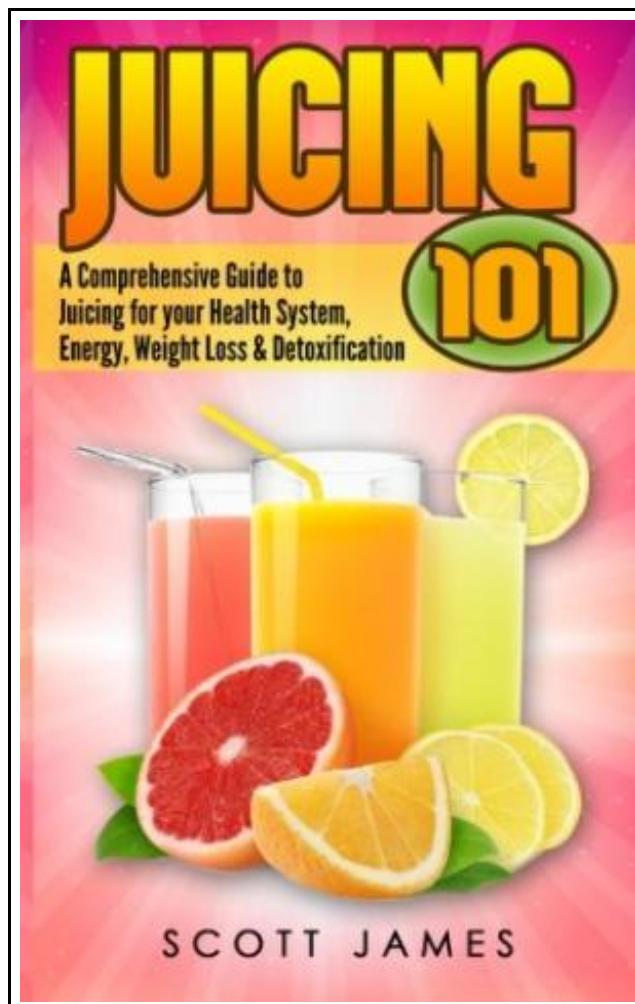


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Createspace, United States, 2014. Paperback. Book Condition: New. Comprehensive. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Let me ask you a few quick questions. Are you tired of lacking energy throughout the day? Do you find it hard to find time to consume healthy nutritious food due to a busy schedule? Are you trying to lose weight, yet struggling to see results? Do you wish you lived a happy, healthier life where you constantly had energy and focus to do the things you love? If you answered yes to any of the above then Juicing 101 is a must read. Home-made juices are a fantastic, delicious and convenient way to get in a plethora of vitamins, minerals and nutrients - I will teach you everything you need to know about green smoothies! Here is a Preview Of What Juicing 101 Contains: An in-depth look at the health benefits of juicing A comprehensive list of the fruits and vegetables you can juice, along with their specific health benefits A complete guide on how to select the best produce when grocery shopping A comparison on blending vs. juicing - and which one is best for you A comparison of the different types of juicers on the market - you will soon know which one suits you best How to correctly prepare your produce before blending 60+ delicious and nutritious exclusive juice recipes.



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