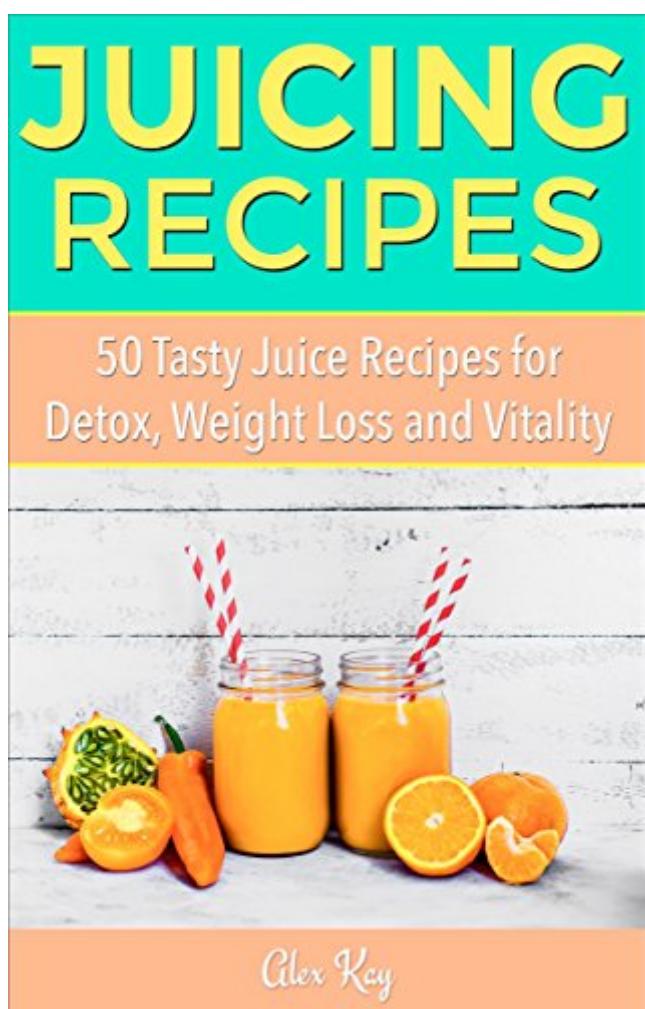


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# Juicing Recipes: 50 Tasty Juice Recipes For Detox, Weight Loss And Vitality (Holistic Health For Life: Natural Healing, Pain Reduction, Weight Loss, And Recipe Books)



## Synopsis

Welcome to the wonderful world of juicing! Fruits and vegetables are loaded with so many powerful phytonutrients, antioxidants and disease-fighting properties. When you drink a fresh juice, you're getting an abundant amount of these nutrients sent directly into your body in just one drink. One juice can sometimes even contain more nutritional value than an entire meal! This recipe book is intended for both those who are brand new to juicing as well as experienced juicers looking for new recipes to try out. Whether you're about to embark on a long-term juice fast or simply want to enjoy some healthy, fresh juices from time to time, these recipes will come in handy. This recipe book contains:

- 50 delicious and healthy juice recipes
- Full color photographs for each recipe
- A brief overview of nutritional benefits for each juice

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## Book Information

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