



Juicing: Juicing for Weight Loss, Detox and Health: Simple and Delicious Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Books, Juicing Recipes ... Diet, Juicing for Health, Juicing Detox)

Tara Moran

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Learn Juicing for Weight loss, Detox and Good Health

Today only, get this Amazon book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Our body is made up of many cells that need vitamins, minerals, calcium, iron, and many other natural elements for its proper growth and well being. Earlier, when agriculture was not invented, man was living on raw fruits and vegetables. That era is called Palaeolithic era and the human being was much healthier that time. As the time passes, we become more depended on agricultural food products that are grown with the help of many pesticides and chemicals. Now, human being is losing his immune power because of the affect of these pesticides and harmful chemicals, but we have no choice as we need cheap food products for our survival. But we can save ourselves from the affect of these harmful pesticides and chemicals by using many natural fruit juices that can not only provide our body vitamins, nutrients, and minerals, but also detoxify our body from the harmful pesticides and chemicals.

Raw fruit and vegetable juices are a great source of essentials minerals and vitamins for our body. Today, organic fruits and vegetables are becoming famous because of their health benefits and if you use these organic fruits then it would be more beneficial for your health and detoxification because organic foods are manufactured naturally without using any harmful pesticides and chemicals. Although, organic foods are a bit expensive but you can use them for your detoxification purpose for few days.

In this book I will show you the most effective juice recipes and its detailed procedure. It will be simple, delicious plus help you reduce weight, detox and be healthy.

Here Is A Preview Of What You'll Learn...

- Benefits of Detoxification of Our Body
- Famous Juice Cocktails for Detox, Weight Loss, and Good Health
- Ayurvedic Juice Cocktail Drinks
- Matcha, Pineapple, and Mango Smoothies
- Mixed Berries Weight Loss Punch

- Antioxidant Apple Drinks
- Coconut-Dates Juices, Amalaki (Myrobalan) Juices, Pomegranate Juices And much more!

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