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Reviews

It in a of the best publication. It really is rally intriguing throgh reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

(Dr. Pat Hegmann)

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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.From one of America s most passionate advocates of turning common and sick making food choice into a healthy balanced clean eating drinking lifestyle that includes 5 minute quick effortless to make, tasty, healthy, vitality and energy boosting detox drinks. Juice fasting detoxification and fat burning smoothies consumer and author Juliana Baldec loves sharing her love and passion for these powerful health elixirs. These detox drinks contain raw detoxifying and superfood ingredients like apple cider vinegar, raw honey, leafy kale and spinach, beet juice, wheatgrass, coconut water, hemp milk, kefir, ginger root, walnuts, brazil nuts, carrots full of beta carotene and many other lean and clean making ingredients. Not only can these healthy dettox and juice fasting drinks boost your health and wellness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out! Anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, helping with digestive enzymes, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing weight and keep it off, and many other health benefits. When she got started with fat burning green smoothies and juice fasting, she was able to shed 20 pounds during a period of 2 months. Since then she has been able to keep that weight off. Her secret: She turned these nutritious and satisfying smoothie and juicing detox drinks into a way of life. Inside this compilation you will find 2 books. The first book is concerned with the aspect of smoothies...

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