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## Juicing 101: A Comprehensive Guide to Juicing for Your Health, Immune System, Energy, Weight Loss Detoxification (Paperback)

By Scott James

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...



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