



Juicing Magic: 50+ Recipes for Detoxification, Weight Loss, Healthy Smooth Skin, Diabetes, Gain Energy and de-Stress

By Pamesh Y

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Who don t want to live a life full of energy, enthusiasm and happiness ? Who don t want to live a life free of illness, tiredness, dullness and depression ? The one very easy way is to achieve is to include fresh fruit and vegetable juices in your menu. By including it, you are putting the power of the fruits and vegetables to very effective use ant he benefits would be evident very soon. You can harness the great properties of fruits and vegetables for the betterment of your body. Be it weight loss, immunity boosting, faster recovery from illness, detoxification of you body or for the glowing and radiant skin to defy aging. Juicing is just another divine gift of the nature for the betterment of human body. Juicing is tasty and speedy way to provide the body with required vitamins, minerals and other nutrients. In our modern lifestyle juicing is the ray of hope that even after the hectic schedules of our daily routines we can still provide our body with proper nourishment. Just one...



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