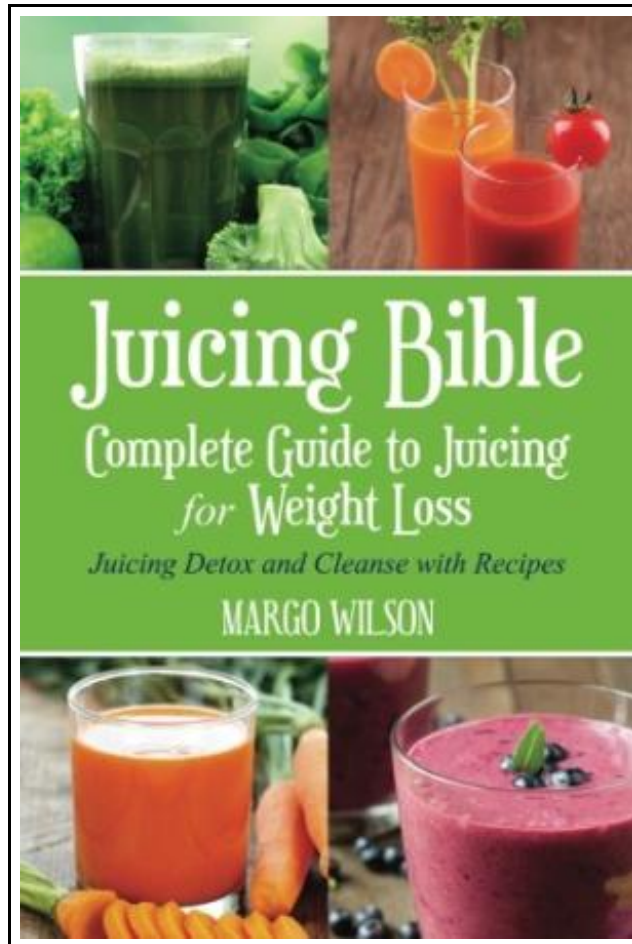


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Tired? Stubborn pounds you can't lose? Can't focus? Creeping weight gain? Do you desire to do more but can't muster the energy to get moving? In today's age, we have an abundance of food but a lack of nutrition that is starving our cells of vital nutrients, minerals, vitamins, and enzymes. Our bodies are designed to be healthy and high-performing biological machines but only if a foundation of proper health is in place. If it's not in place, the result is a lack of energy, focus, and drive with the negative side-effects of creeping weight gain, disease, and obesity to name a few. But, the good news is that the raw material that our bodies need to be healthy, slim, and beautiful again are contained in the concentrated state of natural fruits and vegetables. Juicing offers the answer to these problems and has become a popular tool to increase your energy, quality of life, and lose unwanted pounds of fat. But, getting started can be a challenge and leave you with more questions in the beginning than before you started. What fruits and vegetables to use? Juice or smoothies? What machine to use? What combination of juices do you use for your fitness goals? How do you maximize your results? The Juicing Bible: Complete Guide to Juicing for Weight Loss is a juicers dream. It not only has great juicing recipes but also expounds on the purpose of juicing and the main benefits that can be accrued from adopting this lifestyle. Many persons are trying to lose the excess weight that they have gained and keep it off. Juicing is simply one of the...



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