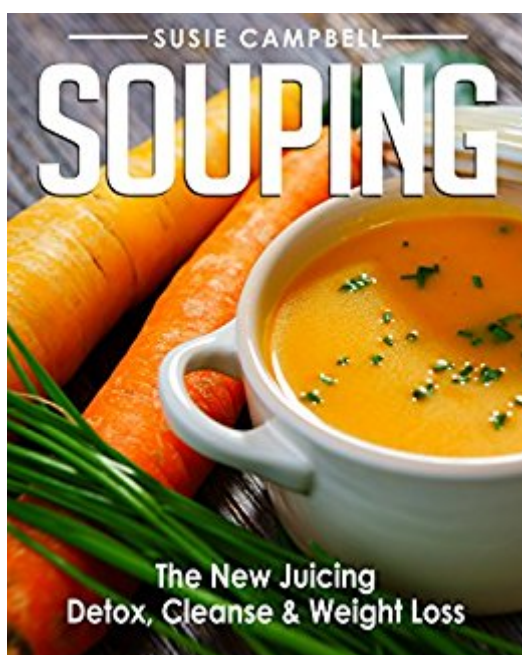


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# Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping)



## Synopsis

Embrace the Convenient, Healing Power of Souping! 2nd Edition Updated 3/29/2016 How does souping improve on juicing? What can it do for you and your body? Read *Souping: The New Juicing - Detox, Cleanse & Weight Loss* for FREE on Kindle Unlimited - Order Now! With *Souping: The New Juicing - Detox, Cleanse & Weight Loss*, you'll learn to nourish your body with the benefits of a liquid diet without having to endure day-after-day of smoothies, get into today's best new health trend - souping! Did you know? Soup has less sugar than juice, Souping doesn't require any expensive equipment like juicers, Soup is convenient and easy-to-store, It's easier to stick to a souping diet than a juice cleanse, You can load up your soups with a vast array of veggies, herbs, spices, and broths! Souping lets you lose weight and heal your body - without hunger! *Souping: The New Juicing - Detox, Cleanse & Weight Loss* offers a huge variety of delicious souping recipes for amazing health benefits. You'll love to try Creamy Vegan Cauliflower Soup with Kale Garlic Drizzle, Red Pepper and Edamame Soup, and Tortellini in Brodo! Hurry! Download *Souping: The New Juicing - Detox, Cleanse & Weight Loss* right away! Just scroll to the top of the page and select the Buy Button. Download Your Copy TODAY!

## Book Information

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## Customer Reviews

Souping is a satisfying and delicious way to cleanse and infuse your body with tons of nutrients without the cold. This eBook will provide you a better understanding why souping is better than juicing. Find out the benefits you can get from souping. A concrete explanation about the importance of cleansing and detoxifying our body and the types of cleansing we can adopt are briefly discussed on chapter two. I find this eBook very informative and helpful at the same time. The best part about this eBook are the easy to follow soup recipes that are included in this eBook. It contains a step-by-step guide on each recipes and the ingredients are easy to find. The broccoli soup is one of the best recipes that are included in this eBook.

Soups are my thing and I have been looking for good books about souping. A friend of mine recommended this book. I love the recipes. The Spinach and Tortellini Soup is a must-try! You can choose a great selection of soup recipes from the book. The instructions were easy to follow and written in a way that the reader can understand. It would be nice if it had photos of the recipes. The ingredients are simple and inexpensive. I discovered the health benefits of souping. I like the idea of incorporating soup when you are losing weight. I recommend this book to people who want to try something new like souping and lose weight at the same time. Thank you, Susie Campbell, for writing this book!

Unfortunately, this book does not really tell you how to get started, i.e. how many days just soup and then how to transition to maintenance. One brief comment is made in the intro of five days. The grammar is horrible, making it hard to follow the recipes. There are several run on sentences that don't say anything. Even the title "The New Juicing, Detox, Cleanse and Weight Loss" what: program? diet? This book is definitely not worth the money. Someone should have proof read before publishing. A real disappointment.

I saw this book in and it says that it is a best seller book so without any doubt I purchase it right away. I love soup and its a healthy food to eat during meal times. It is also easy to cook and serve at home. This book introduced me to the new way of detoxifying, cleansing and weight loss through soups. This book has also some tasty recipes attach on it which I enjoyed cooking at home by following the instructions. Overall, this book is highly recommended and a must read book.

It is indeed a good read and I highly recommend this book to everyone. Soup is a wonderful comfort

food, particularly if you are feeling cold or run down. It's also advisable to take soup first whenever you're super hungry. This book gave me some really good recipes and also they're very easy to make during a time when I am not feeling well. Very well written.

This book is amazing and very helpful. By the help of this book I have learned some amazing soup recipes. Actually, I always like to read recipe book and I had a huge interest to learn new juicing/soup recipes. A few weeks ago, my cousin suggested me about this book and noticed me about the quality of this book. I did not forget to purchase this book and by reading this book I am pleased. It is true that soup has less sugar than juice and it is also easy-to-store. We can lose our weight by following soup dieting. Inside of this book the author Susie has described each recipe step by step with easy to understand language. If you have any interest to learn some delicious soup recipes then I will definitely recommend this book.

There are a bunch of tasty soup recipes in this book. I have often used soup as it fills me up and is soothing to my stomach. I have some gastrointestinal issues and have to eat clean, not processed food. I am also a vegetarian and close to vegan. The only milk product I use is occasional whey powder but mostly rice protein powder in order to get adequate protein since, I work out regularly. Some of the soups in here can be adjusted to suit my diet. I am an advocate for soup. So much better for the digestion and I can lose extra weight, lean out while feeling full and satisfied. Since I always like a new soup recipe this book fits the bill and the recipes don't seem too hard to follow.

It is very sad that more people are getting sick nowadays that is why some are joining the bandwagon of practicing alternative medicine. Alternative medicine involves self-healing and cleansing by staying away from synthetic medicine which are produced by pharmaceutical companies, consuming organic food and medicine and changing from a sedative lifestyle. This amazing book provides all you need about souping as a form of cleansing. This book includes the reasons on why there is a need to cleanse our bodies and it also introduces the types of cleansing. I adore the variation of recipes infused in this book. I am satisfied with my purchase and I will suggest it to my friends.

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