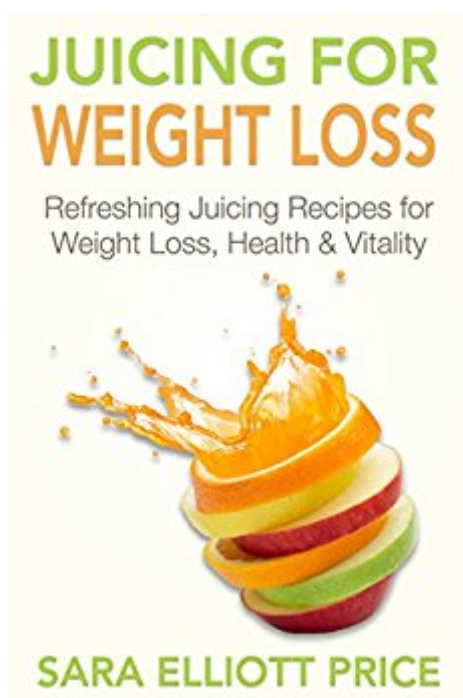


The book was found

Juicing: Juicing For Weight Loss: Refreshing Juicing Recipes For Weight Loss, Health And Vitality (Over 30 Delicious Juicing Recipes For Beginners)



Synopsis

Lose Weight and Feel Great Through the Power of Juicing! Would you like to lose 10, 25, or even 50+ pounds quickly and easily? You're about to discover the best kept secret to losing weight and feeling great. The best part is how incredibly easy it will be. There are no long grueling exercise plans to take part in, no complicated fad diet plans to follow--only deliciously simple juicing recipes! You'll be amazed at how easily the weight just seems to fall off, all while drinking delicious juices that taste more like a treat than the nutritional powerhouses they are. This Book Will Give You The Foundation You Need To Build A Healthy Lifestyle... You won't just lose weight, you'll regain your youth! You will forever be free from counting calories, trying to lose those same 10 lbs., and waking up feeling much older than you should. Juicing is the key to not only reversing the signs of aging, but also adding years to your life. So what are you waiting for? Start your juicing journey today! Here's A Preview Of What You'll Find inside... How to use juicing to jumpstart your weight loss Ways to boost your juice for added benefits Over 30 delicious juice recipes to keep you satisfied How juicing will give you radiant health and vitality How to decide which juicer is right for you The importance of buying organic produce How a daily shot of wheat grass juice can be the only multivitamin you need Plus, so much more... If you're tired of feeling sluggish and just can't seem to find a weight loss solution that works for you, then take action today and get this book. It could be the best decision you've ever made for your health! ==> Scroll up and click the buy button to get your copy NOW. Here's A Few Nutritious And Delicious Recipes To Get You Started! Green Lemonade Green lemonade is by far one of my favorite juicing recipes. I make this almost on a daily basis and it's a great start to your day. It doesn't really matter what greens you put in, as long as you have the apple and lemon. This makes it taste almost identical to the sugar-laden lemonades you may be used to. For this recipe you will need: 2 medium sized red Apples 1 Cucumber 6 leaves Kale 4 large stalks celery 1 Lemon Handful of Spinach The Rejuvenator This juice is a potent powerhouse! Wonderful for the skin, nails and hair thanks to the massive amounts of antioxidants, vitamin C, silica and sulfur. If you're looking to take care of those wrinkles, then drink this juice. This is a unique juicing blend that contains the following: 2 small zucchini 1/2 cabbage 1 cup of blueberries 4 white or purple cauliflower florets 1 orange 1 cucumber Strawberry Energy Juice This juice is especially good to start your day with! The ingredients are simple and flavorful and provide your body with a boost of energy that is much needed in the early hours of the day. For a quick pick-me-up mix the following ingredients: 3 medium to large carrots 2 red apples 1 Cup of strawberries 1 inch of ginger

Book Information

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Customer Reviews

It's a great book for weight loss. The amazing thing about this book is the method that the book uses to lose weight, "juicing". Juicing is one of the most healthy and easiest ways to lose weight. One of the reasons why I love this book is that it actually explains why juicing creates weight loss. I recommend this book for people who want to lose weight and aren't able to exercise.

This is a small, 63 page booklet that has some good recipes, but lacks the in depth information on specific food benefits I was looking for in a juicing reference. There are some conversational health details in the recipe description, along with some interesting info, but this book is best suited for someone looking more for recipes than the science of food combinations for weight loss.

This book is a great read for someone looking to learn more about the basics of juicing. I love the honest truth she portrays in a convincing caring way. If you are looking to dab your toes in the water of juicing for health or learn to amplify your juicing knowledge read it!! I hardly ever finish a book cover to cover and she captivated me the whole way!! Can't wait to start!

I have 2 friends who have had great results juicing; they have both lost a lot of weight and are always full on energy. In the past I've struggled to get into juicing and still being new to juicing this book was great in motivating me and helping to teach me how to best incorporate juicing into my diet. I also really enjoyed all the recipes in this book! I'm gonna give juicing another try thanks to this book. Wish me luck!

As a chef I can tell you these are really tasty with the perfect blend of healthy ingredients. The Purple Passion is my favorite so far. The benefits from juicing are too numerous to say, the biggest being weight loss for me. I highly recommend this book.

This book on juicing has a lot of information for anyone juicing or starting to juice. Not just lots of recipes but some good sections on organic produce, different oils, powders and more. The type of book you'll back to for more than just the recipes.

Quick and easy reading to get familiarized with juicing and the benefits of specific produce. Really good looking recipes that seem like it would be easy to adjust your attitude toward fruits and veggies, because it really is a mind set!

I've recently got into juicing - AND I LOVE IT! the recipes in here are surprisingly delicious! I not a huge fan of the cover - it kind of reminded me of 4 jars of paint and a paintbrush lol. But the recipes in here are excellent.. recommend!

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