



# Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss

*Rockridge Press*

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**#1 AMAZON BESTSELLER**

Juicing is the easiest and quickest way to transform your life. Fresh, vitamin-rich fruit and vegetable juicing recipes can help you lose weight and improve your health by boosting your metabolism and cleansing your whole body.

*Juicing for Beginners* will teach you how to start using juicing recipes today for weight loss and better health, with 100 simple and delicious juicing recipes, as well as a complete guide to starting your own juicing diet. Learn how to pick out the juicer and juicing recipes that are perfect for you. Discover the nutritional benefits of each ingredient, from oranges, to spinach, to wheatgrass, and find out how to create your own refreshing flavorful juicing recipes. With easy-to-follow directions and amazing juicing recipes, *Juicing for Beginners* is your complete juicing bible.

*Juicing for Beginners* will change your diet and your life with:

- 100 easy, tasty juicing recipes, from Pomegranate Peach Detox Blend, to Mango Tango Green Juice
- Tips on using juicing recipes for weight loss, including the juice fast, juice cleanse, and juice detox
- Introduction to 11 healthy additives to increase health benefits of your juicing recipes such as wheatgrass, whey powder, and aloe vera
- Overview of how to use juicing recipes to fight diseases and common health ailments
- Detailed nutritional information charts for every ingredient

*Juicing for Beginners* is the book you need to get you on the way to your slimmer, healthier life.

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#### **Vincent Baker:**

People live in this new morning of lifestyle always try to and must have the extra time or they will get lot of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not only a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, the particular book you have read is definitely Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss.

#### **George Finch:**

Playing with family in a park, coming to see the ocean world or hanging out with good friends is thing that usually you will have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss, it is possible to enjoy both. It is fine combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't obtain it, oh come on its referred to as reading friends.

#### **Kimberly Dyer:**

Is it you actually who having spare time after that spend it whole day by simply watching television programs or just lying on the bed? Do you need something totally new? This Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss can be the reply, oh how comes? A book you know. You are consequently out of date, spending your extra time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

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