



# **Juicing for Weight Loss: 40 Delicious Recipes to Lose Weight, Detox, Energize, Clear Skin and Get Healthy (Juicing for Beginners - Weight Loss-Health)**

*Stephen Hooks*

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## **Juicing for Weight Loss**

### **40 Delicious Recipes to Lose Weight, Detox, Energize, Clear Skin and Get Healthy**

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This book has been specifically written for people who always wanted to get into juicing but could never start off. The simple and easy to prepare recipes not only entice you into getting started but will also ensure that you make juices your companion for life. Get started on this wonderfully healthy and tasty journey of juicing. Juices have always been one of the healthiest ways to achieve weight loss. But often many are daunted by the very thought of tasteless and complicated juices. Here's what you have been looking for to get started on healthy juices that are fresh, natural and invigorating for the entire body. This book helps you choose from a wide range of healthy juices that are easy to source and simple to make. All ingredients listed in the book are commonly available and in all probability already are present in your kitchen.

### **Here's A Preview of What You Will Learn in this Book:**

- Wonderful Health benefits of Juices
- Powerful combinations of fruits and vegetables to make tasty and extremely useful juices for enhancing energy levels
- Detox formula based on a variety of Juices
- Fertility enhancing powers of fresh Juice
- Plethora of Recipes to suit every taste and occasion
- Recipe for Purely Green juices
- Recipes for Tasty and Tangy Juices
- Recipes for Attractive and Colorful Juices
- Recipes for Nutritional Juices
- Recipes for Special Weight Loss Juices

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