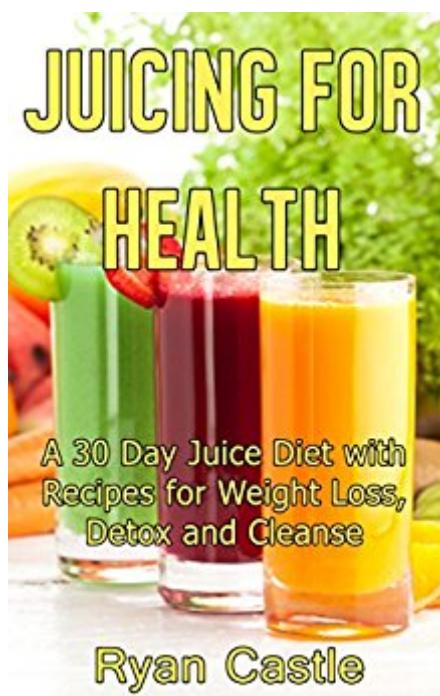


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# Juicing For Health: A 30 Day Juice Diet With Recipes For Weight Loss, Detox And Cleanse



## Synopsis

A juicing diet is a great way to lose weight, detox, cleanse and improve your overall health and vitality. This 30 day recipe and diet plan will help take you through the Body Cleansing Phase, the Weight Loss/Slimming Phase, the Healing Phase, the Rejuvenation Phase and the Beauty Phase — enabling you to feel good and look good. The recipes are all delicious, practical and easy to prepare, with step by step instructions. The benefits to juicing are endless, and this guide is perfect for those that have never experienced a juicing diet before, or for those that are looking to add variation to their current juicing plan.

## Book Information

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