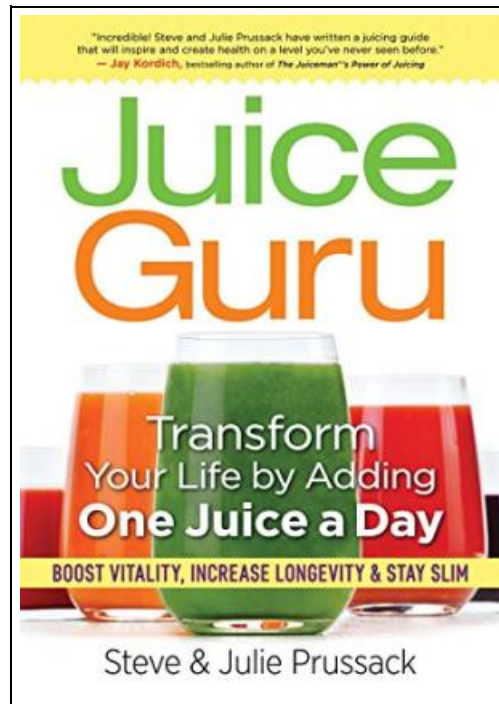


Juice Guru: 21-Day Plan to Lifelong Vitality (Paperback)



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Reviews

Absolutely one of the best pdf I actually have possibly read. Better than never, though I am quite late in start reading this one. I realized this book from my dad and I encouraged this ebook to discover.

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JUICE GURU: 21-DAY PLAN TO LIFELONG VITALITY (PAPERBACK)



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ROBERT ROSE INC, Canada, 2016. Paperback. Condition: New. Language: English . Brand New Book. To reset one's lifestyle there's no better place to start than with juicing. This book illustrates and explains how just one, well-timed, fresh juice a day can and will transform health. Going one step further, it helps unravel and apply the science of creating a habit, assuring that juicing becomes easy and enjoyable for life. A daily juice from these recipes provides boundless energy, a youthful vibrancy, a slimmer figure, sharper focus, improved health and the desire to make healthier and improved food choices in general. The best thing about juicing is that anyone can do it and the results are almost immediate. Using the simple and easy-to-follow protocols in this book is a huge step towards improving every aspect of life without a personality change or altering how your time is spent. The 100 tasty, bursting-with-goodness fruit and vegetable juices here are full of nutritious phytonutrients that promote a healthy lifestyle at home, work or play. Power green juices like A Taste of Italy , Nothin But the Greens and Longevity Booster provide the recommended daily greens in a glass - especially important for kids and students who often don't get enough greens in their diet. Superfood tonics and elixirs like Memory Enhancer , Vitality Elixir , Cinnamon Blast and Clean Eyed Girl address particular health concerns. A special budget-friendly section has recipes like Carrots Alive, Apple Spinach Juice, Cucumber Celery Lemon Apple Juice and Watermelon Straight Up, allowing you to enjoy juices that feature less expensive seasonal and local ingredients. This comprehensive book demystifies juicing and helps to remove all the barriers that stand in the way of incorporating this regime for a healthy lifestyle.



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