



## Juicing Bible: Complete Guide to Juicing for Weight Loss: Juicing Detox and Cleanse with Recipes

By Margo Wilson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tired? Stubborn pounds you can't lose? Can't focus? Creeping weight gain? Do you desire to do more but can't muster the energy to get moving? In today's age, we have an abundance of food but a lack of nutrition that is starving our cells of vital nutrients, minerals, vitamins, and enzymes. Our bodies are designed to be healthy and high-performing biological machines but only if a foundation of proper health is in place. If it's not in place, the result is a lack of energy, focus, and drive with the negative side-effects of creeping weight gain, disease, and obesity to name a few. But, the good news is that the raw material that our bodies need to be healthy, slim, and beautiful again are contained in the concentrated state of natural fruits and vegetables. Juicing offers the answer to these problems and has become a popular tool to increase your energy, quality of life, and lose unwanted pounds of fat. But, getting started can be a challenge and leave you with more questions in...



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