

# Best Books About Juicing

## Juliana Baldec

*Best Juicing Books For Health: Healthy Smoothie Book* Juliana Baldec, 2014-08-23 This is a 2 In 1 box set compilation of 2 books. This compilation includes Juliana Baldec's 3 titles: Book 1: 11 Healthy Smoothies Book 2: Juicing To Lose Weight Book 3: Smoothies Are Just Like You! Book 1 & 2: When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining smoothies & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing & Asthma problems at the same time. Inside you will find the same recipes that helped Juliana achieve these results: \* Citrus Immunity Booster \* Beet Strawberry Carrot Empowerer \* Apple Carrot Beet Trianon \* Honey-Nut Peach Smoothie \* Papaya Ginger Smoothie and many more... you can choose from many more of these scrumptious tasting soothie and juicing recipes inside... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way.

*Best Juicing Books For Health: Healthy Smoothie Book With Quick & Easy Detox Smoothies & Juices* Juliana Baldec, 2014-03-31 This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: 11 Healthy Smoothies Book 2: Juicing To Lose Weight Book 3: Smoothies Are Just Like You! Book 1 & 2: When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining smoothies & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing & Asthma problems at the same time. Inside you will find the same recipes that helped Juliana achieve these results: \* Citrus Immunity Booster \* Beet Strawberry Carrot Empowerer \* Apple Carrot Beet Trianon \* Honey-Nut Peach Smoothie \* Papaya Ginger Smoothie and many more... you can choose from many more of these scrumptious tasting soothie and juicing recipes inside... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way. Book 3: Smoothies Are Like You is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and rhyming

way! In the end you'll know exactly why Smoothies are like you! Live a happy & healthy lifestyle and double your life today...

Best Juicing Diet Books: Juice Diet Drinks + Fat Burning Smoothies Juliana Baldec, 2014-04-01 This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: Juicing To Lose Weight Book 2: 21 Amazing Weight Loss Smoothie Recipes Book 3: Smoothies Are Just Like You! Book 1 & 2: When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir (included) & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing & Asthma problems at the same time. People who have achieved similar results like Baldec by consuming smoothies, juices and an apple cider vinegar honey morning elixir in combination with a light daily meal plan all agree. This is the most natural way to nourish your body & brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve these results: \* Kale Detoxer \* Pomegranate Delight \* Avocado Chia Bomb \* Coconut Kale Sweetness \* Kiwi Spinach Greens and many more... you can choose from these scrumptious tasting recipes! Book 3: Smoothies Are Like You is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and rhyming way! In the end you'll know exactly why Smoothies are like you! Live a happy & healthy lifestyle and double your life today...

Juicing for Weight Loss - a Juicing Book with the Best Juicing Recipes to Help You Lose Weight and Gain Energy Ryan E. Taylor, 2012-12-25 Juicing For Weight Loss is your personal guide into the world of juicing. It was written specifically to help you lose weight and gain more energy! Do You Experience Any Of These?: - Are you frustrated with fad diets that don't work? - Have you been wanting to lose some weight lately and haven't been able to do so? - Are you tired of feeling lethargic and low everyday? - Do you actually want to keep the weight off this year? If you are a human being, you probably answered yes to at least one (if not all) of the previous questions. And that's OK! Every one of us needs guidance in one or more areas of our lives and this book was meant specifically to help you regain your health and vitality through the ritual of juicing whole, natural delicious fruits and vegetables. In This Book You Will Learn: - Top 20 recipes for weight loss and boosting energy levels - Best fruits and vegetables for juicing - Produce chart with fruits and veggies broken down with best nutritional value - The true benefits of juicing and how often to juice - What type of juicer to buy - And much more... This Book Will Help You! If you are looking to lose weight and/or gain more energy, this book has you covered. Some might say it is the only juicing guide you will ever need. Juicing isn't complicated but IT IS important that you know what juicing will do for your life and your energy levels. Once people discover the power of juicing they usually never look back! People who juice are typically

more energetic and tend to have an easier time losing weight when coupled with a healthy eating plan. It really is quite amazing! Get this book and start implementing this stuff into your everyday life and see how you feel. Juicing isn't tough and it actually can be fun! It will make a BIG difference in your life - you can count on it! Here's to your new body!!

**Best Juicer Recipes: Fruit & Vegetable Juicer & Smoothie Blender Recipes Book** Juliana Baldec, 2014-04-01 This is a 4 In 1 box set compilation of 4 books. This compilation includes Juliana Baldec's 4 titles: Book 1: Juicing To Lose Weight Book 2: 11 Healthy Smoothies Book 3: 21 Amazing Weight Loss Smoothie Recipes Book 4: Smoothies Are Just Like You! Book 1, 2 & 3: When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 months. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir (included) & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also able to get rid of her nasty breathing & Asthma problems at the same time. People who have achieved similar results like Baldec by consuming smoothies, juices and an apple cider vinegar honey morning elixir in combination with a light daily meal plan all agree. This is the most natural way to nourish your body & brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve these results: \* Papaya Ginger Smoothie \* Honeydew Kiwi Smoothie \* Agave Banana Smoothie \* Leafy Green Superfood Immune Booster and many more... you can choose from 46 scrumptious tasting recipes! Book 4: Smoothies Are Like You is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and rhyming way! In the end you'll know exactly why Smoothies are like you! Live a happy & healthy lifestyle and double your life today...

*Juicer Recipes: A Complete Juicing Guide on Juicing and the Juicing Diet* Helen Rauscher, 2017-05-15 Juicer Recipes A Complete Juicing Guide on Juicing and the Juicing Diet Juicer Recipes is a juicer recipe book and also a good juicer recipe guide in one. You will find many great juicer recipes from healthy smoothie recipes to healthy juicing recipes, enough not to repeat a recipe for several weeks. Healthy juice recipes help to clear up many health concerns especially those that stem from needing a good body cleanse. You will find many healthy juicing recipes for weight loss. Weight loss is a major issue but it is not the only reason people juice. You will have the best juicing recipes for health. When you drink from the best juice recipes for health, you know you are giving your body the best.

*The Big Book of Juicing*, 2015 With The Big Book of Juicing, you'll learn how to make a variety of healthy drinks, which fruits and vegetables provide the nutrients to meet your specific health needs, and which produce is better eaten whole than juiced or blended. You'll discover how to choose the right juicer, what to avoid juicing, and tips for going on a juice detox. The full-color pictures and detailed instructions will inspire you to start blending straightaway.--Amazon.com.

**The Big Book of Juicing** Skyhorse Publishing Inc.,2015-09-01 A comprehensive guide for all your juicing needs. Fruit and vegetable juices, green smoothies, and probiotic drinks have taken America by storm. And it's no wonder—these living, nutritious drinks help you lose weight and easily absorb essential nutrients, giving you energy and making you look and feel healthier! With *The Big Book of Juicing*, you'll learn how to make a variety of healthy drinks, which fruits and vegetables provide the nutrients to meet your specific health needs, and which produce is better eaten whole than juiced or blended. You'll discover how to choose the right juicer, what to avoid juicing, and tips for going on a juice detox. The full-color pictures and detailed instructions will inspire you to start blending straightaway. These recipes are easy, delicious, and take no more than two minutes to make. Incorporate juices and smoothies into your daily diet and feel the difference. In addition to juices, readers will learn how green smoothies are hands down one of the best supplements to any diet. With at least one smoothie a day your body will not only receive an extra boost of nutrients, but it will begin to crave these healthier foods naturally. Never has it been easier to reach fitness goals, drop that weight, and improve your immune system with these enriching smoothies. *The Big Book of Juicing* finishes on a high note by providing straightforward instructions on how to create probiotic drinks. The health benefits of these drinks are no secret, including positive effects on digestion, metabolism, and the immune system, and now you can enjoy them at home. Enthusiasts of kombucha—a bubbly probiotic drink now sold regularly in grocery stores and local lunch spots—look to its high levels of B vitamins and amino acids, which are said to improve your mood, energy levels, joint function, and skin. Whether you're new to juicing or already a stalwart supporter, you'll find tips and recipes that the whole family will love! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

**Juicing for Beginners** Callisto Publishing,2013-08-23 Nourish your body and lose weight with healthy juices! Juicing is a tasty way to get a daily dose of essential vitamins and minerals—which can lift your energy levels, kick-start your metabolism, and help you feel your best. And *Juicing for Beginners* is your go-to guide to getting started. Get in shape and meet your new year's resolutions as you learn the ins and outs of detoxes and cleanses, explore different juicing plans, and find 100 vibrant juicing recipes to keep you on track with your diet and fitness goals. *Juicing 101* - Get a crash course on how to create a juicing routine that works for you, choose the right juicer, pick the best produce, and more. Eat healthier with fresh ingredients - Discover the health benefits of different fruits and veggies as well as popular additives like wheatgrass

and whey powder. New year, new you - Infuse each day of the year with citrusy, sweet, and tart juices that target different aspects of wellness, like weight, immunity, and digestion. This year, add juicing into your life to help you get lean and feel great.

*100 Best Juices, Smoothies and Healthy Snacks* Emily von Euw, 2014-12-09 Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Euw, creator of [thisrawsomeveganlife.com](http://thisrawsomeveganlife.com), has recipes that are so delicious you'll be drinking to your health every day. Recipes include: • Lime and Apple Aura • Watermelon Wake Me Up • Carrot Ginger Sipper • Apple Cinnamon Delight • Banana Spinach Almond Dream • Pineapple Berry Mixer • Vanilla Melon Magic • Strawberry Mylkshake • Dark Chocolate Chip, Oat and Hemp Cookies • Dare to Date Squares • Hippie Hemp Hummus • Cheezy Garlic Kale Chips Each sip will boost your metabolism, detox your body, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. Plus, swapping in some of these healthy drinks and quick snacks will help control your weight and save you time in the kitchen. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands.

**Juicing** Emma Katie, 2016-11-16 Juicing TODAY SPECIAL PRICE - 365 Days of Juicing Recipes (Limited Time Offer) 365 Days of Juicing Recipes is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. The book has every single recipe with perfect tips for garnishing, presentation and juice making tips as well. The recipes are also well presented with pictures and even perfectly measured. The ingredients listed can be accumulated from any local grocery store. These recipes keep in mind the needs of diabetic patients; thus every juice recipe can be made with or without sugar. The book contains recipes for kids, for adults and for health concerned people as well. These are not only served after or before the main course but can also be prepared on a hot summer day. In 365 Juicing Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Juicing offers several advantages: \* Juices are the best way to get direct nutrients, minerals, iron, and essential acids and even glucose. \* Juices don't only mean fruit juices. Vegetable juices are also the best way to refresh your inner body without having to trouble the digestive organs. \* Juices are also perfectly made for those people who want to stay fit and healthy. \* Most of them are essential to our body growth, for our daily diet as well as to oxidize the inner portion of the body. \* Juices expand your vitality and are delicious Get valuable tips like using ingredients which are spicy, herbaceous and high yielding like root vegetables and beet greens. In addition to mouthwatering recipes like: Fresh Start Hangover Shot Beet and Celery Juice Zesty Green Cucumber and Tomato Juice Get your copy today and enjoy 365 days of delicious, healthy and mouth watering juicing recipes

Best Green Smoothie Recipes For Weight Loss & Weight Loss Juicing Juliana Baldec, 2014-03-31 This is a 3 In 1 box set

compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: Juicing To Lose Weight Book 2: 16 Blender Recipes For The Smoothie Diet & Detox Diet Book 3: Smoothies Are Like You - Smoothie Food Poetry For The Smoothie Lifestyle These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean & clean body in a truly satisfying way. Inside you'll get: \* Vanilla Smoothie Delight \* Exotic Coconut & Green Superpower Ginger Smoothie \* Orange Eye Health Elixir \* Detoxifying Juice \* Green Orange Breakfast Power Cocktail & many more... You will find recipes that boost your body and brain, help you with weight loss, detoxification, boosting up your immune system in a natural way, healing from the inside out & many other health benefits. She also includes tasty and no guilt delights that are going to relax your mood and soul & make you happy like the Kefir Peanut Butter Breakfast Smoothie, the Blueberry Pecan & Vanilla Smoothie, the Coffee'n Cream Cinnamon Smoothie Booster & many more... Inside you'll find 46 scrumptious recipes in total! Smoothies Are Like You is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational a rhyming way! In the end you'll know exactly why Smoothies are like you! If you are looking for things that relate to the following topics this wonderful box set compilation is for you: Best Smoothie Recipes, Best Green Smoothie Recipes, Smoothie Recipes For Weight Loss, Juicing For Weight Loss... Live a happy & healthy lifestyle and double your life today...

**Juicing Recipe Book** Emma Green,2021-01-07

**Juicing Recipe Book** Brian Taw,2018-02-03 Do you want to start changing your health for the better? If you've been feeling lethargic, bloated, anxious or just downright sick then I have great news for you: I'm here to show you the life-changing effects of juicing and exactly what fruits and vegetables to use to get your health back on track. I've spent my career analyzing why these health problems crop up and now I'm here to show you how you can drastically improve your health and bring back the excitement in your life. I'm Brian Taw, a certified fitness trainer. This is what I do for a living. I've spent my career figuring out what makes the body tick and I've helped people find their way to the best shape they've been in their lives through juicing. I've been through this challenge with many clients who have been depressed, anxious, & downright sick from all of the junk that they've been eating just like you are today. I helped them get their health and fitness back in order and I can do the same for you. Give these juices a few minutes and you'll start to feel better. Your digestion gets better and your body will thank you for those nutrients. Give these juice recipes a few days and I guarantee that you'll not only feel better, you'll look better as well. You will not only know exactly how to get yourself back in shape.....but you'll have a life-changing habit as well. Not only that, I'm going to show you how people get themselves in these kinds of health conditions in the first place. You'll also learn how some fruits and vegetables can be beneficial for certain types of health

conditions. In this juicing recipe book we'll cover: What causes the health condition that you've been feeling? Which specific fruits and vegetable juices can help you and why Easy and practical juices that you can make everyday to help you get all of those necessary nutrients 365 easy to prepare juicing recipes If you don't read this juicing recipe book, you'll risk the chance of being forever hooked on junk food and maintenance drugs to keep yourself afloat. This juicing recipe book has been proven to work so many times. I'm going to show you that getting your health back is not only possible but it's so much easier than you thought. All it takes is for you to start taking those first few steps and all for less than the cost of 2 cups of coffee. Don't wait. Scroll back up now and click the buy button to start your way to the best shape of your life.

**Juicing Guide: Top Juicing Recipes that Make Juicing for Weight Loss Easy** Martina Richardson, 2017-05-15

Juicing Guide Top Juicing Recipes that Make Juicing for Weight Loss Easy If you are ready to try juicing for the first time, this juicing guide is perfect for you. The Juicing Guide - Top Juicing Recipes that Make Juicing for Weight Loss Easy is a book that is packed with helpful information on juicing and it also includes many excellent juicing recipes that make it easy for anyone to begin juicing for weight loss. Whether you want to go on a total juice diet for a few days or you simply want to begin juicing once a day, you will find this guide invaluable. This juicing beginners guide provides juices that work well for any meal, with many different flavor combinations to make it easy to find a juice that you really enjoy. Not only will you learn about juicing, but you will get a closer look at some of the main benefits you can enjoy once you begin juicing. Juicing for health has become very popular, since there are so many health benefits that you will experience as you start making your own juicer recipes. What will you get when you purchase the book, Juicing Guide - Top Juicing Recipes that Make Juicing for Weight Loss Easy? Here are some of the things that you will discover in this healthy juicing guide: - More information on juicing and how it works - A full explanation of the main benefits of juicing regularly - Top tips to use for the best juicing results - Many wonderful, tasty juicing recipes that provide you with a great dose of vitamins and minerals - A helpful meal plan that you can follow when you begin the diet - And even more Being armed with essential information is important if you want to be successful with the juicing diet for weight loss. With this book to guide you, you will be provided with all the information needed to successfully begin and follow this diet, ensuring you reap all the benefits juicing has to offer you.

**Juicer Recipes** Helen Rauscher, 2014-01-02 Juicer Recipes A Complete Juicing Guide on Juicing and the Juicing Diet Juicer Recipes is a juicer recipe book and also a good juicer recipe guide in one. You will find many great juicer recipes from healthy smoothie recipes to healthy juicing recipes, enough not to repeat a recipe for several weeks. Healthy juice recipes help to clear up many health concerns especially those that stem from needing a good body cleanse. You will find many healthy juicing recipes for weight loss. Weight loss is a major issue but it is not the only reason people juice. You will have the best juicing recipes for health. When you drink from the best juice recipes for health, you know you are giving your body the best. The first section covers the Juicing Guide with these chapters: What is the Juicing, Benefits of Juicing, Helpful Tips

to Simplify Juicing for Weight Loss, Delicious Juicing Recipes for Any Meal, and Your 7 Day Juicing Diet Meal Plan from the recipes within this first half. The second section of the Juicer Recipes covers the Juicing Diet with these chapters: What Are Juicing Diets, The Benefits of Juicing, Getting the Nutrition You Need, Your Caloric Intake, Should You Try a Juice Diet, Modifying Juice Diets for Special Needs, Adding Juice to a Normal Diet, Choosing a Juicer, Traveling with Juice, Fruit Only Juices, Green Juices, Fruit and Vegetable Combinations, Savory Juices, Sample Juice Diet Meal Plans, A Three day Juice Diet, The 10 Day Juice Diet, Breaking Your Juice Fast, and Juice Dieting for Longer Periods. Enjoy recipes such as Homemade V-8 and Green Lemonade.

*The Juicing Book*. Rebecca Larsen, 2017-03-02 Eating raw fruits and vegetables is always better for a healthy lifestyle. However, if you are running late, then nothing is perfect than having juices or smoothie to energize yourself and getting all the nutrients to start the day. This recipe book will end your search as you can find delicious and extra-nutritious juices, smoothies, protein shakes, and detox drinks.

**The Juicing Book** Deborah A. Jensen, 2021-06-09 \*\*55% OFF for Bookstores!! LAST DAYS\*\*\* Learn the ins and outs of detoxes, cleanses, and how to start juicing. With fresh new recipes and profiles on the revitalizing properties of key fruits and veggies, this book invites you to drink in good health. Juicing for Beginners includes: Juicing 101-Learn why juicing is good for you, the health benefits of fruits and vegetables, plus practical tips on choosing a juicer. 100 Restorative Recipes-Take a sip of delicious fruit, vegetable, and green-based juices, and so much more. Diet RIGHT-Get smart about which juicing plan works best for your lifestyle and weight loss goals.

**Juicing for Beginners** Gerard Hamilton, 2017-05-20 Learn why successful people like Gwyneth Paltrow, Owen Wilson and Selena Gomez all juice to stay healthy and fit! \*NEW 2ND EDITION: Fully updated, and now also including a FREE BONUS chapter 'What is Intermittent Fasting'. Get access to 50 juicing recipes and step-by-step juice instructions on how you can add juicing to your diet. Do you feel healthy and energized most of the time? When you wake up, do you jump out of bed, ready for an action-packed day? Many people don't. 70% of Americans are either overweight or obese. And 64% of employees report having high levels of stress. No wonder that an astonishing number of people are on prescription drugs! Maybe you are one of them. Joe Cross sure was. Until, one day, he decided to take back control of his health. He did a juice fast, which you can follow in the documentary 'Fat, Sick & Nearly Dead'. He came out 82 pounds lighter, and lost all of the symptoms of his autoimmune disease. This is the promise that juicing holds for you. With Juicing For Beginners, you will embark on a health journey that will make you feel fit, energetic and happy again. A state you were born to inhabit. Your body is like a Ferrari: you need to give it the right fuel to perform well. Ferraris can't race on beer. But if you fill it up with the right gasoline, oh boy, you better buckle your seat belts! Juicing is an excellent way to lose weight, cleanse your body, detox and feel good about yourself. In 'Juicing For Beginners' You Will Learn: The Basics of Juicing The Health Benefits of



Juicing The Difference Between Juicing and Blending What to Look for When Buying a Juicer How to Juice The Top 10 Best Vegetables to Juice How to do a Juice Fast 50 Juicing Recipes to get you started And Much More! This book is full of practical tips and tricks to get you started with juicing. If you start juicing, within just a week you will: Start losing weight fast, even if you don't exercise much Boost your immune system Expel toxins from your body, and Feel more energized Sound good? Then let's get started! Now is the day on which you can take the first step to changing your life through juicing. SO ARE YOU READY TO TAKE ACTION? ==> ACT NOW! Scroll up now and click the 'buy' button to get your copy today! PAPERBACK EDITION: Kindle edition included for FREE with purchase of paperback!

*Cleansing Smoothies: 68 Best Cleansing Juicer & Blender Recipes* Juliana Baldec, 2015-01-16 This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes and are very busy) than a boring and unrealistic diet that no one is able to maintain because most diets contain too many hurdles to jump through. The smoothie lifestyle provides you with lean and clean nutrition all the time and you never feel hungry, tired, frustrated, out of energy and vitality. The vitamins and mineral enriched smoothies keep your body nourished with all the vital elements that your body needs. The outcome: a happy, vitalized, healthy, lean & clean, healthy and balanced YOU. You'll soon notice your improved skin and your rejuvenated body and looks. These health elixirs are going to beautify and rejuvenate your whole system, body, brain and skin. All your body functions are working in a healthy and balanced manner. Inside you'll see how you can not only maximize your dieting results by adding Smoothies to your diet, but you'll also learn how to speed up the whole process and become more productive and result oriented so that you do not only maximize your dieting results by adding smoothies to your diet plan...

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### **Best Books About Juicing Introduction**

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