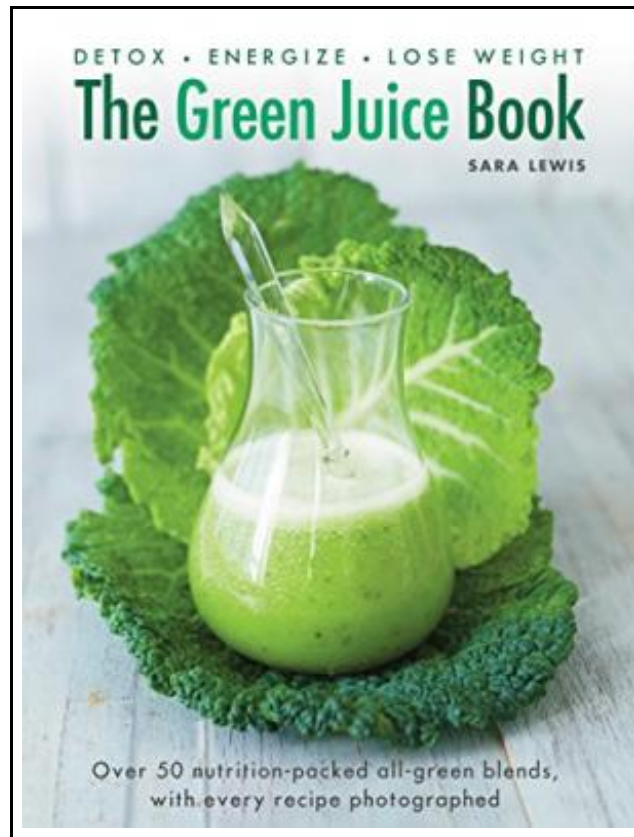


The Green Juice Book: Detox - Energize - Lose Weight



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Reviews

Extensive guide! Its this sort of very good study. It is actually full of knowledge and wisdom I found out this pdf from my i and dad suggested this ebook to understand.

(Melany Bogisich)

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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Green Juice Book: Detox - Energize - Lose Weight, Sara Lewis, Here is the simplest and quickest way to get vitamins and minerals into your diet. Blending gives an instant nutritional hit, with all the benefits of raw ingredients. Fruits are good for you but can be high in natural sugars - so they are used here as back-ups to the folate-, zinc-, selenium-rich green vegetables. Kale, spinach, broccoli, cabbage, spring greens, lettuce, pea shoots, watercress, parsley, mint, cucumber, celery, green apples and pears are used - not to mention wheat grass, seaweeds, spirulina, green tea and all kinds of seeds and other superfoods. The chapters offer blends to enhance energy, detox, lose weight, and to boost your natural immunity.



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