

Green Smoothie Recipes for Weight Loss Juicing for Weight Loss: Beet Juice, Wheatgrass, Coconut Water, Hemp Milk, Kefir, Ginger Root, Walnuts, Brazil Nuts, Apple Cider Vinegar, Beta Carotene Other Healthy Ingredients



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Reviews

If you need to adding benefit, a must buy book. It is packed with wisdom and knowledge I am just effortlessly could get a pleasure of reading a written publication.

(Lea Legros V)

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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From one of America s most passionate advocates of turning common and sick making food choice into a healthy balanced clean eating drinking lifestyle that includes 5 minute quick effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Green Smoothie and juicing consumer and author Juliana Baldec loves sharing her love and passion for these powerful health elixirs that contain healthy ingredients like apple cider vinegar, raw honey, leafy kale and spinach, beet juice, wheatgrass, coconut water, hemp milk, kefir, ginger root, walnuts, brazil nuts, carrots full of beta carotene and many other healthy ingredients. Not only can these healthy blender smoothie and juicing drinks boost your health and wellness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, Anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, helping with digestive enzymes, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing weight and keep it off, and many other health benefits. When she got started with smoothies and juices, 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 and satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir, that she is going to share with you inside, and a light meal plan, she has not only been able to lose 40 pounds within 60 days, but she...



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