



**Juicing Diet for Health: Great Juicing recipes for living healthy. Lose weight and Fat fast, Increase immune system, improve your metabolism, detoxify your body and make your skin glow with Juices**

*Ekta Singhal*

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# **Juicing Diet for Health: Great Juicing recipes for living healthy. Lose weight and Fat fast, Increase immune system, improve your metabolism, detoxify your body and make your skin glow with Juices**

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## **Would you like to Shed extra Pounds and Detox your body in most delicious way?**

Juices are contains best natural building blocks of a Youthful and Healthy body. It is scientifically proven fact that Juices are easy to digest, hence they provides instant energy and nutrients to your body.

They can fit amazingly in your menu during **INTERMITTENT FASTING** as they are **VERY LOW IN CALORIES** therefore can help you in reducing those extra inches.

They are nature's best recipes for most of your Problems like Weight management, detoxification, bloat cleansing etc. In this book we will tell you, how you can get a so much more in little time from Juices.

### **WHAT YOU WILL GET IN THIS BOOK**

- \* Benefits of juices in daily life
- \* Real facts about ingredients used in Juicing recipes in this book
- \* 55 Awesome, TASTEFUL, FLAVORFUL and HEALTHY recipes
- \* SIMPLE ways to DETOX And CLEANSING your body
- \* BEST manner to LOOSE WEIGHT

### **WHY JUICING DIET IS BEST FOR YOU**

- \* HELPS to increase the number of servings of fruits and vegetables consumed in a day
- \* QUICK absorption of nutrients present in the raw

- \* **HELP** support the immune system and keep **ENERGY** levels high
- \* Releases enzymes contain in raw food
- \* A good alternative for your daily diet
- \* **GREAT** way to maintain weight loss throughout life
- \* If you are on **INTERMITTENT FASTING** they can best Nutritious low in **CALORIES** alternative for Coffee and other drinks.

## **IT IS AN EASY STEP TO AN ENERGETIC LIFE**

- \* **NUTRITIOUS** way to start your day
- \* **EASILY** replace your Preservatives and artificial dietary supplements
- \* **CONVENIENT** and **FUN** way to include all the fruits and vegetables in your diet
- \* **NATURAL** and **BEST** way to get all those dietary nutrients, without any side effects.

## **TASTY & HEALTHY RECIPES**

- \* **55** Amazing nutritional juice recipes
- \* For cleansing and detoxification
- \* Weight loss juices help to create balance while reducing calories
- \* Weight balance juices cleanse the body, satisfy the palate and boost the metabolism.
- \* Stress releasing & skin cleansing juices
- \* Energy booster juices, which help to boost the immune system.
- \* Juicing Recipes for Kids
- \* Party time Juicing recipes which can really lighten up your mood.

## **Some Delicious Juice Recipes which you will find nowhere else.**

### Amazing Weight Loss Juicing recipes

- \* Weight Loss Tonic
- \* Good Morning Juice
- \* Tropical Breeze
- \* Pizza in Glass
- \* Green Lemonade

### Juicing Recipes for Cleansing and Detoxification

- \* Tropical Alkaline Breeze
- \* Alkalinizing Green Energy
- \* Salad in Glass
- \* Mild Cleansing Drink
- \* Deep Detox Drink

### Juicing Recipes for Weight Balance

- \* Sweet Beat Treat
- \* Veggie Medley
- \* Apple Carrot Ginger Juice
- \* Spicy Apple Lemonade
- \* Berry Apple with Fiber

## **Soothing Juicing Recipes to Release your Stress**

- \* Stress Relief Tonic
- \* Naked Greens for Stress Relief
- \* Calming Citrus Herbal Juice
- \* Wheatgrass Symphony
- \* Watermelon Mint Cooler

## Wonderful Bloat Cleansing Juicing Recipes

- \* Beetroot Frenzy
- \* Sunrise Citrus Juice
- \* Cu-Kale Combo De-bloat juice
- \* Digest-Ease Juice
- \* Anti-Inflammatory and Magic de-Bloat Cocktail

**Other than these there are many Juicing Recipes which can be veyr Helpful for Diabetics, Kids and During Party time**

Some of these recipes are exclusively brought to you by us.

**So, drink to your health & enjoy the long life to come with just one Click.**

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**From reader reviews:**

**William Gilbert:**

The book Juicing Diet for Health: Great Juicing recipes for living healthy. Lose weight and Fat fast, Increase immune system, improve your metabolism, detoxify your body and make your skin glow with Juices can give more knowledge and information about everything you want. So just why must we leave the good thing like a book Juicing Diet for Health: Great Juicing recipes for living healthy. Lose weight and Fat fast, Increase immune system, improve your metabolism, detoxify your body and make your skin glow with Juices? Some of you have a different opinion about book. But one aim which book can give many information for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or information that you take for that, it is possible to give for each other; it is possible to share all of these. Book Juicing Diet for Health: Great Juicing recipes for living healthy. Lose weight and Fat fast, Increase immune system, improve your metabolism, detoxify your body and make your skin glow with Juices has simple shape however, you know: it has great and large function for you. You can look the enormous world by wide open and read a guide. So it is very wonderful.

**Mary Burnette:**

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**Jesse Hooker:**

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read the book.

**Michael Larose:**

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