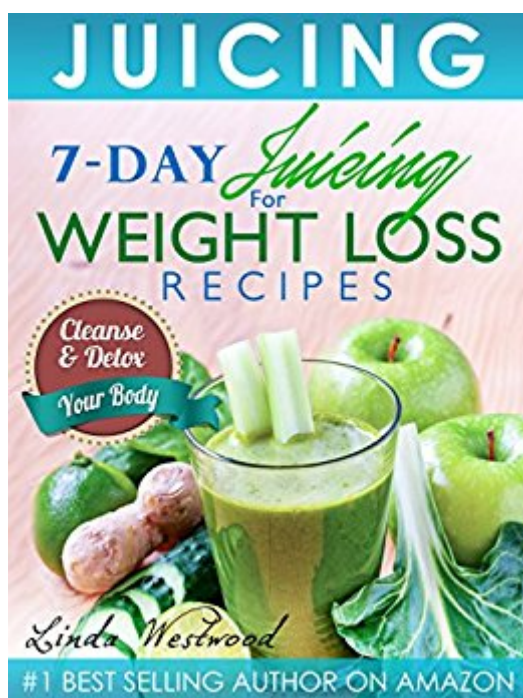


The book was found

Juicing (5th Edition): 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body



Synopsis

Discover the #1 RATED Best Selling 7-Day Juicing Cleanse THAT WORKS! (Lose Up to 14 LBS in JUST 7 DAYS!)FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!From the best selling author, Linda Westwood, comes Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body. This juicing book will help you lose weight, detox and cleanse your body, and help you feel good today!If you feel like you need to get on a juicing diet to detox and cleanse your body (and feel energized every day)... If you want new juicing recipes that deliver results - making you feel good and drop some stubborn pounds... Or if you want to live a longer and healthier life that gives you the happiness you have always wanted... THEN THIS BOOK IS FOR YOU!What This 7-Day Juicing Cleanse Will Do For YouThis book provides you with a 7-Day weight loss juicing diet plan that will have you losing up to 14 lbs in just 7 days!It comes with all the recipes, ingredients, a shopping list, and all the steps you need to know! And the best part is that it's Linda's 5th Edition of the book - which means NEW & UPDATED tips, tricks, recipes, shopping lists, and advice!Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 7-Day weight loss juicing diet plan, and start transforming your life TODAY! If you successfully implement this 7-Day Weight Loss Juicing Diet Plan, you willâ Start losing weight without working out as hard â Detox and cleanse your body and mindâ Rid the toxins from your body in just 7 daysâ Boost energy levels and not feel tired throughout the dayâ See fast weight loss results in just 1 week (up to 14 lbs)â Get excited about eating healthy - EVERY TIME!Tags: juicing, juicing recipe book, juicing recipes, juicing for weight loss, juicing book, juicing for beginners, juicing for detox

Book Information

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Customer Reviews

The Westwood book is packed with helpful information for dieters and health conscious consumers. The book explains that juicing is an extraction process which provides consumers with all of the nutrients and fiber from the whole fruits and vegetables. The juicing itself provides both the macronutrients (proteins, good fats and carbs) plus the micronutrients like magnesium, zinc and many others on the Periodic Table. A strength of the book is that the author provides a vitamin breakdown for each food. For instance, vitamin A is found in vegetables like the superfood bok choy, broccoli, carrots and kale. Vitamin A is also found in fruits like grapefruit, melon or tomatoes. Nutrients like pantothenic acid are found in vitamin B5 which promotes good cholesterol (HDL). The book provides examples of how to discharge toxins from the body. Sauna baths are one method. Bentonite Volcanic Ash is another way of discharging toxins by binding positive and negative charges in order to flush them from the body. The author explains why organic fruits and vegetables are superior to products with non-organic additives. There are ample recipes provided for breakfast, lunch, dinner and snack juicing. The book even explains the pros and cons of different types of juicers like the centrifugal models. Overall, juicing by Westward is an excellent addition to your health and nutrition home library. The book is a solid value - period.

This book is a blessing. I'm actually trying to lose eight right now and we're trying to lower my dad's blood pressure. and I think these recipes will do the work splendidly.

Before I didn't understand what was the hustle about juicing diet, however, after I've read this book I see the potential of juicing for losing my weight and the benefits for my health. I felt so confused to

even start juicing, but thanks to step-by-step explanation in this book on which fruits and veggies to choose and which juicer to buy, I now feel much more confident to start with it. The recipes of different juices at the end of this book are super helpful.

This is a truly wonderful book, written by someone who really cares about this program. For a book of this price, it is very long, over 130 pages; full of plans, advice, tips and loads of menus. There is too much in it to try and describe it all. To cleanse your body and to lose some weight, THIS IS THE BOOK FOR YOU.

This book really helped my girlfriend with her diet. I really enjoyed the recipes and use some of them every day.

I have always had trouble keeping my weight where it should be! This is a short read with a plan that sounds easy. There are tips and recipes. I am anxious to get to the store and try this out. A great read that gives me hope!

Why won't I clap for this Linda Westwood? She has done a good job on this book. It gives helpful tips... Jogging and. Exercises are good. This book takes the topic higher. Nice book it is.

It's a fantastic book it helps me many ways and I hope this book will also help you. This book contains many recipes for losing weight juicing. If you read this book carefully and and drink these juice everyday I hope after 7 days you will get a good result and your fat will decrease gradually. Many many thanks to author for this helpful book.

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