



Juicing: Lose Weight, Get Healthy, 50 Recipes and Detox Plan: Lose Weight, Get Healthy, 50 Recipes and Detox Plan

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- LOSE WEIGHT FAST!
- GET HEALTHY!

Now's the time! With this great guide! What's better than delicious juice to shed pounds and feel great? Juicing has become the fastest growing form of weight loss around. This comprehensive guide will give you all the information and strategy you need to feel great. You can lose weight, get healthy and boost your energy levels at the same time!

Includes 50 recipes AND a great detoxification plan with a shopping list. You will have all you need to get fit quick. Wondering what fruits and vegetables will help your physical issues? No problem! Use the fruit and vegetables "Nutrients and Benefits Guide" to see what your getting out of your juice.

Includes:

1. A quick lesson in juicing
2. 50 Juicing Recipes!
3. The Best Juice Detox Plan Ever
4. Nutrients and Benefits Guide

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Gary Roth:

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