



Juicing for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for Health, Weight Loss, Energy, Detox and More

By Donna Hardin

Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This Is Not Your Ordinary Guide to Juicing! It is everything you need to know to get the most out of your fresh juices and enjoy a healthy, happier, more energized life! Starting out on your juicing journey can be hard and confusing, especially if you don't have a guide to walk you through and show you where to begin. If you are new to juicing and just want to start enjoying freshly made juices, then this book is just what you need. It contains not just easy-to-make, healthy and delicious juice recipes, but it also shows you how to juice your fruits and vegetables and mix them up so you benefit the most out of your juices. This book is more than just an ordinary juicing recipe book, it is a complete juicing starter guide and a nutrition plan that shows you things such as: how to prepare your fruits and vegetables for juicing, how to choose the best juicer (if you haven't already done that), what the colors of fruits and vegetables mean and...



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