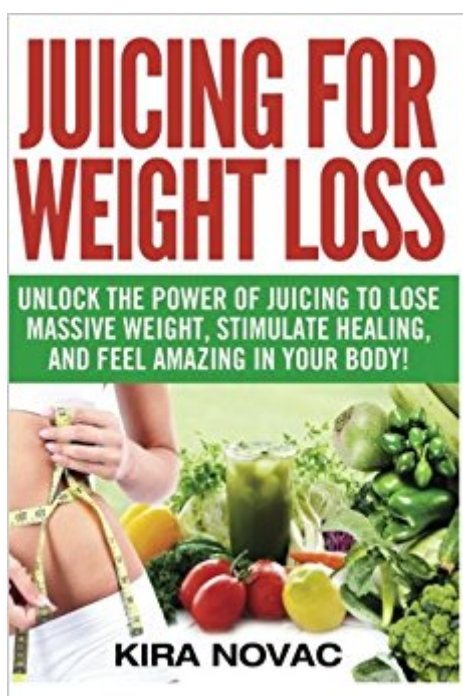


The book was found

Juicing For Weight Loss: Unlock The Power Of Juicing To Lose Massive Weight, Stimulate Healing, And Feel Amazing In Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1)



Synopsis

A Complete Guide to Juicing to Reclaim Your Health, Lose Weight Naturally & Boost Vitality! 60 Proven Healing Juice Recipes Inside! If you've ever wanted glowing skin, better energy and vitality, a better mood, a slimmer body and freedom from sickness, then this guide is the answer for you! You are just about to discover how to start juicing the RIGHT way so that you can be confident and relaxed that you are moving towards your best body ever! This complete guide to juicing contains 60 recipes for weight loss, fat burn, and total wellbeing! You will also receive juicing recipes for specific conditions (anxiety, heartburn, post workout recovery) and different occasions (wake-up morning juice, easy snack juice to prevent unhealthy food cravings etc.). To make sure you get the best of this guide, each recipe contains a short description to help you with self-healing, as well as the full list of ingredients and detailed instructions. You will not only get information, but also motivation and inspiration to get started! Moreover, the book also contains everything you need to know about juicing to start losing weight. Whether you are a total beginner or a health and fitness nut, this book will help you take your healthy lifestyle to a whole new level. Inside you will discover specific juicing recipes to kick start your wellness and weight loss success including: Fat Burner Juice (Reduces cholesterol, cleanses your liver, and stimulates your metabolism) Cellulite Shot Juice (Eliminates toxins and fats). Calming Carrot Juice (Helps you relax after a long, stressful day). You will also learn: Refreshing juice recipes that are packed with vitamins and minerals that will help your body to recharge and refuel Is juicing fruits actually good for weight loss? What to juice and how to juice to start burning fat How to make your juices tasty and attractive, even if you juice vegetables you don't like Get ready for a total body and mind transformation. Take care of your body and give yourself the energy you deserve. It's easy. Just follow the recipes from this book and have at least 1.5 cup of fresh juice a day! Is Weight Loss the Only Benefit? Juicing will lead to natural weight loss and detoxification. This is a proven fact because juicing removes the fiber from your fruits and vegetables, which allows instant absorption of nutrients and a quick conversion to energy in the blood. Aside from weight loss, there are many other health and wellness benefits: Healthy and glowing skin Healthy hair Increased energy levels Improved digestion Mental focus and wellbeing Better sexual performance What are you waiting for? Get your copy now and discover over 60 healthy and tasty juice recipes for weight loss, wellness and natural energy.

Book Information

Series: Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet

Paperback: 130 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (September 5, 2015)

Language: English

ISBN-10: 1517218225

ISBN-13: 978-1517218225

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #371,512 in Books (See Top 100 in Books) #48 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers](#) #275 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

Customer Reviews

Kira Novac is a holistic nutritionist, mom, and author on a mission. She wants to help you create a balanced, healthy lifestyle that is doable and fun! She loves cooking and creating tasty and delicious recipes is her passion. But she is even more passionate about teaching you how you can fall in love with her recipes and take care of your and your family's health in a natural and enjoyable way!

It was a good book

I liked this book. Good recipes. It is a healthy way to lose weight not feeling tired but full of energy. Juicing is great way to trick your kids if you want them to eat something what they normally don't eat, like vegetables!! :)

Great book! Very informative.

Great book

What I like most about this book was the juice titles. LOL! They makes me smile. And it's much more easier to distinguish which is which you need best. Like the hangover juice, wrinkle juice, wake up call juice and lots more! Not only that, ingredients are easy to find and they are easy to prepare. Come on! Let's go Juicing!

Easy to follow and everyone that I have tried have been very good!

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