



Juicing to Lose Weight (Best Juicing Recipes for Weight Loss) + Smoothies Are Like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book (Poem for Mom Smoothie Gift Smoothie)

By Juliana Baldec

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a 2 In 1 box set compilation of 2 books. This compilation includes Juliana Baldec s 2 titles: Book 1: Juicing To Lose Weight Book 2: Smoothies Are Just Like You! . from one of America s most passionate advocates of turning common and sick making food choice into a healthy balanced lifestyle that includes 5 minute quick and effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Not only can these healthy blender recipes drinks boost your health, wellness and happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing weight and keep it off, and many other health benefits. When Juliana got started with juices, she was able to shed 20...



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Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehended every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- **Arianna Witting**

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throgh reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- **Crystel Hagenes**