



Recipes: Greens, Detox, and Smoothies, For Weight Loss And Healthy Living. (Juicing, Superfoods, Green Smoothies, Juice, Detox Recipes, Cleanse, Beverage Recipes)

Joanne Howard

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Green Juicing, Detoxing, and Smoothies For Weight Loss And A Future Of Healthy Living.

You know what they say: Green is good! But majority of the world's population don't seem to understand the benefits of the green leafy vegetables. Green juices can significantly reduce cholesterol level and when you drink fresh-made green juice, it is almost like getting an intravenous dose of vitamins, minerals, and enzymes. And because they go straight to your system without the need to be broken down, it greatly improves you overall health.

This book provides different juicing to help you lose weight, detoxify and live a healthier life. These awesome drink targets specific parts of your body such as your skin, bones and eyes!

7 Reasons to Buy This Book:

Learn to make your own green smoothies

Boost your immune system

Lose weight fast

Become more energetic

Improve your brain health

And many more!


So if you're seeking change in your diet, *Recipes: Greens, Detox, and Smoothies For Weight Loss And Healthy Living*. will help you achieve that!

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Get started on your journey to a healthy lifestyle!

"Take care of your body. It's the only place you have to live." - Jim Rohn

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