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Juicing Recipes Book: 150 Healthy Juicer Recipes to Unleash the Nutritional Power of Your Juicing Machine (Paperback)

By Mendocino Press

Mendocino Press, United States, 2014. Paperback. Book Condition: New. 202 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Get the Most out of Your Juicer with Over 150 Delicious Juicer Recipes Boost your health using the power of your juicer machine with The Juicer Recipes Book. The Juicer Recipes Book will help you start juicing without feeling overwhelmed, giving you the best juicer recipes to get the maximum benefit of your juicer. This quick-start guide organizes the best juicer recipes according to their purpose, so you can get your body in top shape, lose weight, increase your energy, or detox your system. If you haven't bought your juicer yet, The Juicer Recipes Book gives you the lowdown on the three main juicer types, so you can make the wisest choice for your specific health needs. The Juicer Recipes Book will make it easy to start using your juicer today, with: 151 nutrient-packed juicer recipes, such as Spicy Tomato, Citrus Energy, Complexion Helper, and Peach-Strawberry Nectar Juicer recipes specially designed for everything from cleansing and digestive health to weight loss and alkalization Useful nutritional breakdowns for each recipe Handy reference chart with 63 types of...



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