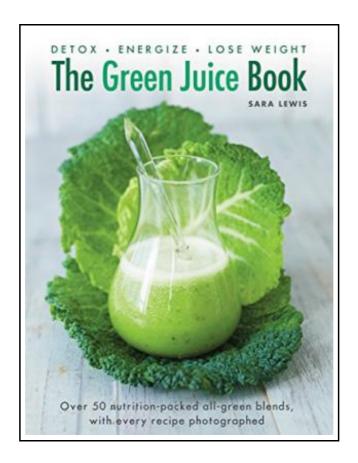
The Green Juice Book: Detox - Energize - Lose Weight



Filesize: 8.35 MB

Reviews

The ebook is simple in go through preferable to comprehend. Better then never, though i am quite late in start reading this one. Its been printed in an exceptionally simple way and it is simply right after i finished reading through this pdf in which in fact altered me, affect the way i believe. (Prof. Corbin Hill!)

THE GREEN JUICE BOOK: DETOX - ENERGIZE - LOSE WEIGHT



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Green Juice Book: Detox - Energize - Lose Weight, Sara Lewis, Here is the simplest and quickest way to get vitamins and minerals into your diet. Blending gives an instant nutritional hit, with all the benefits of raw ingredients. Fruits are good for you but can be high in natural sugars - so they are used here as back-ups to the folate-, zinc-, selenium-rich green vegetables. Kale, spinach, broccoli, cabbage, spring greens, lettuce, pea shoots, watercress, parsley, mint, cucumber, celery, green apples and pears are used - not to mention wheat grass, seaweeds, spirulina, green tea and all kinds of seeds and other superfoods. The chapters offer blends to enhance energy, detox, lose weight, and to boost your natural immunity.



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