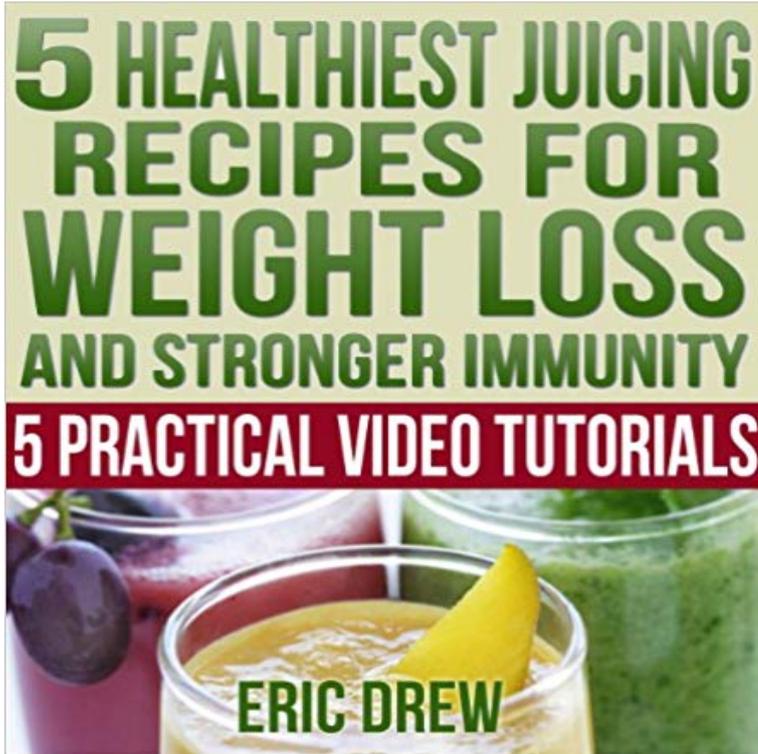


## 5 Healthiest Juicing Recipes for Weight Loss and Stronger Immunity: 5 Practical Video Tutorials



5 Healthiest Juicing Recipes for Weight Loss and Stronger Immunity is a pocket guide for everyone who wants to start losing weight while simultaneously strengthening immune system in a healthy way. Juicing for weight loss has been proven as one of the most effective ways to lose excessive fat. However, who likes reading these boring recipes? This is why the author decided to turn 5 delicious juice recipes for weight loss into visual, practical video tutorials. Although the actual book is short, you get an access to 5 detailed video tutorials, which will walk you, step by step, through each juices preparation process. Here are 5 weight loss juice recipes that are included in the book: 1. Detox juice 2. Power Gulp juice 3. Post-Workout Refueler juice 4. Total Health Booster juice 5. Immune Booster juice

Juicing to lose weight is a very effective and proven tactic of the modern dieting techniques. Juices are nutritious, satisfying and have special characteristics that sweep away toxins and fat. Its fairly easy to shed some pounds if you follow juicing weight loss cleanse diet. Youll also have the added benefit of detoxifying your body while on juicing diet. Use these juicer recipes for weight loss in your diet plans or incorporate them into your daily lifestyle. Here are major benefits from Juicing: Weight Loss Body Cleanse and Repair Strengthen Organs: Heart, Liver Kidneys Etc. Boost Immune System Healthier Digestive System

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