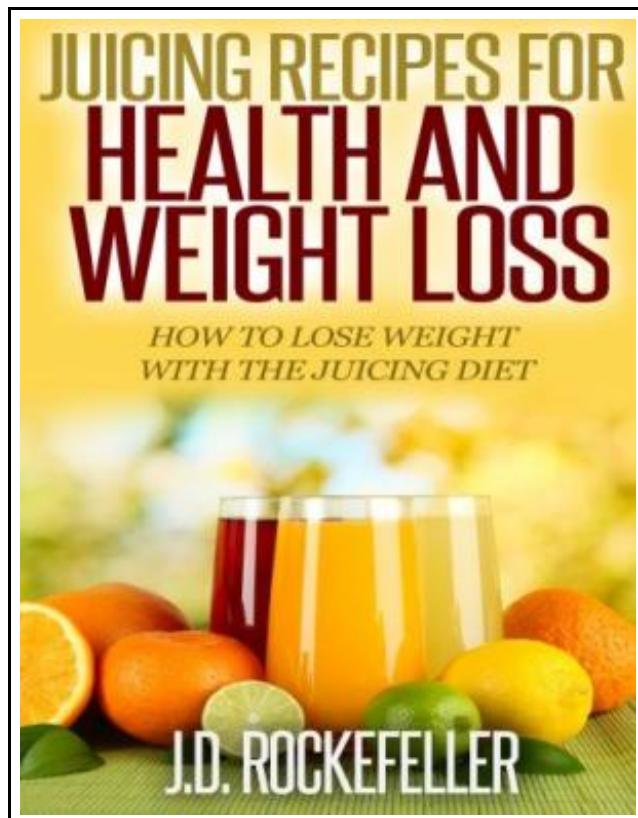


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Juicing has taken the world with a storm and an increasing number of people are using it to gain better health as well as lose weight. So, of course, the first question to ask here is: What exactly is juicing? In a short sentence, we can say that juicing is basically extracting the juice of fruits and vegetables, drinking it, expecting it to provide better nutrition and health benefits as compared to solid food. In addition, is an excellent and healthy way to shed those extra pounds. IN THIS BOOK YOU WILL LEARN: THE BENEFITS OF JUICING BEST JUICING MACHINES HOW TO MAKE JUICE TIPS FOR STORING JUICE COMPLETE NUTRITION JUICES JUICES FOR HEALTHY DIGESTION JUICES FOR ENERGY JUICES FOR THE INMUNE SYSTEM MEAL REPLACEMENT JUICES JUICES FOR DETOXING/CLEANSING JUICES FOR STRESS AND ANXIETY JUICING RECIPES FOR BEAUTY AND HEALTHY AGING JUICES FOR KIDS THE JUICING WEIGHT LOSS DIET PLAN FRUIT SMOOTHIE RECIPES ABOUT THE AUTHOR: J.D.ROCKEFELLER is an internationally renowned author with a simple, yet engaging writing style. An avid world traveler and wine connoisseur, he enjoys looking at the world through a writer's lens and putting his thoughts to paper everywhere he goes. Mr. Rockefeller is also a certified Bikram Yoga and Ashtanga Yoga instructor. He rigorously meditates for up to two hours a day. Thus, yoga, Chakras, and meditation are also very well loved subjects for the author and topics that he truly enjoys covering in his literary works. We invite you to stay tuned for many of his upcoming writings. Message from the Author: It is my absolute pleasure to connect with you, my readers, on topics that you enjoy...



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