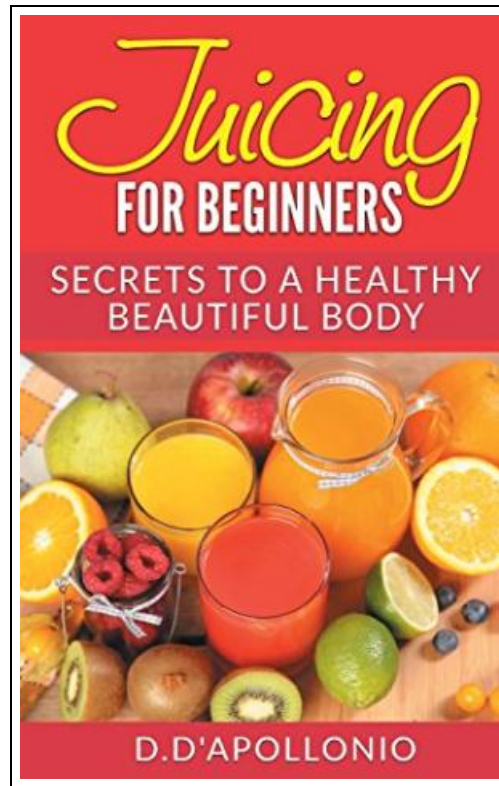


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APEX UNIVERSAY PTY LTD, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book has helpful information on juicing, how it benefits you, and 30 amazing juicing recipes. If you wish to stop early aging, stay healthy, increase your immunity, and keep your digestive system healthy, you should incorporate juicing into your life. The amazing thing about juices, especially vegetable and fruit juices is that you don't task your digestive system with digesting the fiber; hence, the nutrients are absorbed almost immediately after consumption. You can incorporate juicing in your daily lifestyle or opt to detox and go on a juice fast. Whatever your reason for juicing, this book is the ultimate juicing guide for beginners; the book will give better insight into juicing and its amazing health benefits. After highlighting the various juicing benefits, the book will then discuss 30 easy juice recipes you can try out at home and enjoy their amazing benefits. Here Is A Preview Of What You ll Learn. Quick Insight Into Juicing And Its Benefits Why Juice: Benefits Of Juicing Getting Started With Juicing 30 Yummy Fruit Juice Recipes For A Healthy Body And Much, Much More!.

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