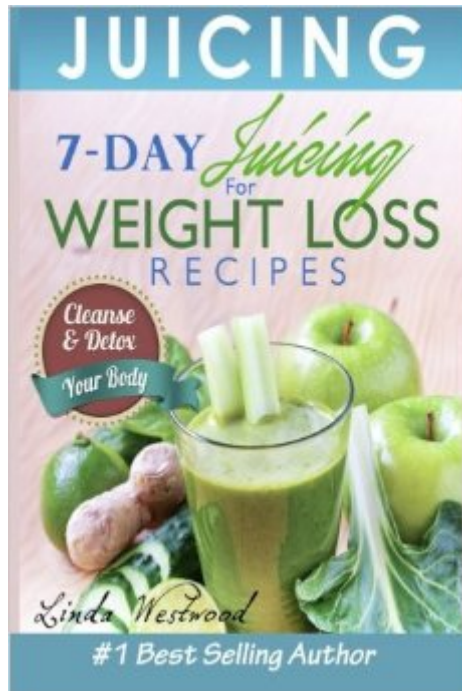


The book was found

Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body



Synopsis

Juicing - Get the #1 rated best-selling 7-Day Juicing Cleanse TODAY! LIMITED TIME ONLY: If you download this book TODAY, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Extreme Weight Loss: 97 POWERFUL Tips That Guarantee Fast Weight Loss! From the Best Selling weight loss writer, Linda Westwood, comes Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body. This juicing book will help you lose weight, detox and cleanse your body, and help you feel good today! If you feel like you need to get on a juicing diet to detox and cleanse your body... If you want new and different juicing recipes... Or if you want to live a longer and healthier life... THIS BOOK IS FOR YOU! What This Juicing Cleanse Will Do For You This book provides you with a 7-Day weight loss juicing diet plan that will have you losing up to 14lbs in just 7 days! It comes with all the recipes, ingredients, a shopping list, and all the steps you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 7-Day weight loss juicing diet plan, and start transforming your life TODAY! If you successfully implement this 7-Day Weight Loss Juicing Diet Plan, you will... * Start losing weight without working out as hard * Detox and cleanse your body and mind * Rid the toxins from your body in just 7 days * Boost energy levels and not feel tired throughout the day * See fast weight loss results in just 1 week * Get excited about eating healthy - EVERY TIME! Tags: juicing, weight loss juice, juice recipes, detox diet, detox and cleanse, juice cleanse, juice diet

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Customer Reviews

7 days weight loss juice is a detailed book on how to lose weight in 7 days. Juicing diet gives you a huge boost of vitamins and other nutrients giving you an easy digestion and you'll also get a total detox through juicing, all natural way to lose weight. The author mentions the best fruits and vegetables there is for each vitamin and what each vitamin is good for, shows the many benefits you can get from juicing diet, tips on how to follow the plan and post-plan and a variety of recipes. Great book to have!

Wow. Very good book on how to lose weight. I struggled with last few pounds and after reading this book, I already notice improvements. I love the 7 day plan which list in details what you should and should not eat. Besides book contains tons of other useful information. A must have if you want to improve your diet, your body composition or simply live more healthy life!!!

This is a truly wonderful book, written by someone who really cares about this program. For a book of this price, it is very long, over 130 pages; full of plans, advice, tips and loads of menus. There is too much in it to try and describe it all. To cleanse your body and to lose some weight, THIS IS THE BOOK FOR YOU.

I really liked this book because it helped me to learn tons of amazing & new Juicing recipes. Inside of this book the author has described a 7-day plan about how to cleanse and detox our body through regularly taking right Juices. I will like to recommend this book to all those folks that like to stay healthy and want to lose weight via juicing diet. Inside of this book I have found some creative juice recipes with some exotic ingredients. By reading this book I have understood juicing diet clearly and this book has some good information about this diet. I ready to try some of these recipes a few days ago and I got those ideas from this book. I have a mini blender and I used that for making these amazing recipes. I really liked this nice combination of fat loss and increase nutrient intake. I will definitely recommend this book to all.

The author, Linda Westwood, hasn't let me down yet. I've read a few of her books and this 7 Day Juice book is just as good as her other books. She offers a step by step guide to become familiar with the benefits of juicing and how to implement this popular health craze into your everyday life. I appreciate how easy she makes it for people to get healthy. Great recipes too.

I have always had trouble keeping my weight where it should be! This is a short read with a plan that sounds easy. There are tips and recipes. I am anxious to get to the store and try this out. A great read that gives me hope!

I think this is a pretty comprehensive book. Kindle version makes it very affordable to check out. I could not do only juice for more than two days, but lost about 4 pounds (maybe 1# of fat). So, do what you can do and see what happens. There's no doubt that juicing is highly nutritious, and it's also pretty expensive. But you really can get all your nutrients out of vegetables and fruits. Note: You hardly get any juice out of leafy greens, so from a cost perspective, using more carrots/broccoli/celery/beets/etc is a thought. (I like beets, they're a bit sweet on their own and they provide a lot of juice). Two large handfuls of spinach, for example, only yield maybe 1/4 cup of juice. Ugh!

The recipes are simple with mainly fruit and/or vegetable ingredients listed and preparation underneath in clear terms. There is also a wide variety from which to choose from. The book is nicely set up in a non intimidating manner and is filled with delicious recipes and information. Yes, some recipes call for sugar, but that doesn't mean you have to add it. Overall, a nice collection of recipes that we have enjoyed.

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