



## Juice Your Way Skinny: : A 14-Day Juicing Reboot to Finally Ditch the Pounds Forever, Get Healthy and Feel Amazing. (Paperback)

By Jessy Julia Smith

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you really wanted to lose 20 lbs., 40 lbs., 60 lbs. (or more), while drastically improving your energy, health, mental clarity, motivation, and even your career, then this will be the most important guide you ever read. I share your pain on how much you might have struggled to shred those excessive pounds. However, right now I assure you to juice your way skinny. This book is a complete easy-to-follow guide, which includes advice, recipes, tips and insight into the emotional and physical well-being. This book is packed with helpful information that answer daily questions of How to juice (equipment), what to juice and why to juice. These are what you stand to gain drinking this healthy and delicious juice. 1.It will reboot your system to crave healthy foods. 2.It will make you achieve your weight loss goals. 3.It will boost your immune system. 4.It will tone your skin, thereby making it beautiful and clear. 5.It promotes detoxification. 6.It will ease your digestion and improve metabolism. 7.It will control your blood sugar, reduce inflammation and body fat...



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