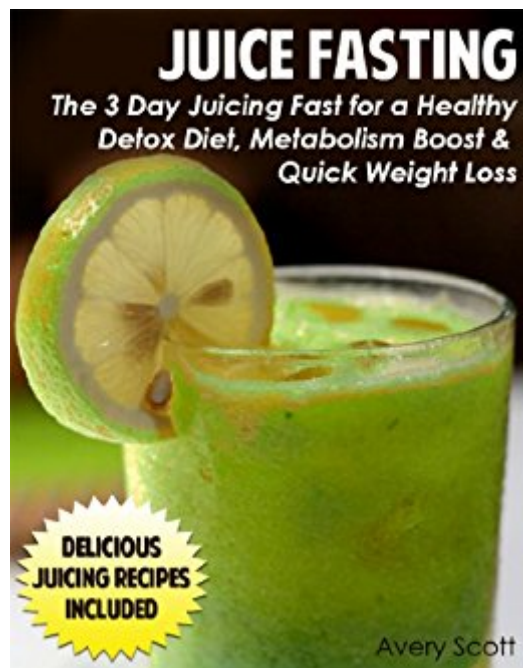


The book was found

# Juice Fasting: The 3 Day Juicing Fast For A Healthy Detox Diet, Metabolism Boost, And Quick Weight Loss (Juicing Recipes)



## Synopsis

Did you know that 95% of the vitamins and enzymes our bodies need are found in the juice of raw fruits and vegetables? You would actually need to eat almost 2 lbs of carrots, 10- apples, or 8 lbs of spinach to get the same amount of nutrients you receive in one 16 oz juice! When you start a juice fasting diet, highly concentrated vitamins, minerals and enzymes rapidly enter the bloodstream absorbing all of the nutritional benefits of the fruits and vegetables and giving your digestive organs a much-needed rest. Not only will juicing facilitate weight loss, increased energy levels, strengthened immunity, strong bones and a glowing complexion, it may also reduce chances of heart disease, cancer and strokes. New research suggests that most vitamin supplements don't help prevent chronic disease. However, natural, plant-based vitamins and minerals are more easily and completely absorbed by the body. In this book, you will learn how to safely and effectively do a 3 day juice fasting that will revitalize your body and help you shed unwanted pounds. The benefits of juicing are endless, so why not learn the most effective way to start your juice fasting routine. Not only will you discover all the key benefits of juice fasting and how to properly do a juice fast, you will also get over a dozen of some of the top juicing recipes to get you started.

## Book Information

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## Customer Reviews

Just got into juicing after watching a couple of movies in regards to the deterioration of nutrition in our food. This is a good start although print rather than kindle ed. would have been better to have access to the recipes. So far I tried 4 of the recipes and they all taste great. I added watermelon which gives it more volume and topped off with water. The book is good for ideas which vegetables to use for juicing but I think I will experiment on top of the ideas given. I'm also considering blending rather than juicing because I regret having to throw away that much pulp. I've only given it 3 stars because I don't think it's what I needed having a book is more convenient for me.

The book is simple to follow. The ingredients can be found in the supermarket. I would recommend this book to any person who wants a safe healthy way to see detox the body

While juice fasting intrigues me, the recipes in this book look pretty blah and un motivating. Don't mean to insult or infuriate die hard juice fasters but for a novice it failed to inspire me to juice fast.

I needed some quick and easy to get into the juicing world. No pages upon pages of opinions and fluff. Just straight facts with great knowledge. That is exactly what this is, a great book that enlightens you on the world of juicing and how to introduce yourself and your body to this lifestyle. What is best is the inclusion of all of the recipes from straight cleansing juices, morning juices, snacks, evening juices and on and on. And of course the Kindle version is great to have on my phone when I'm shopping so I can just build my grocery list off of that based upon what I want to juice that day.

IF YOU WANT THAT BODY HEALTHY AND WORKING RIGHT YOU HAVE GOT TO TRY THIS. REMEMBER, IT MORE THAN A FEW DAYS TO GET YOUR BODY OFF TRACK AND IT'S GOING TO TAKE MORE THAN A FEW TO GET IT BACK INTO SHAPE. GET RID OF OLD EATING HABITS, GET TO JUICING, AND RECLAIM YOUR HEALTH. PEACE

Nothing new in this that isn't already available online for free, glad it was cheap, but would not recommend it.

Lots of recipes! If your juicing this is a must try! You'll feel great after a few days of juicing :)

Although it didn't really provide new information, it was a concise reminder of the benefits of juice

fasting. Overall good book.

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