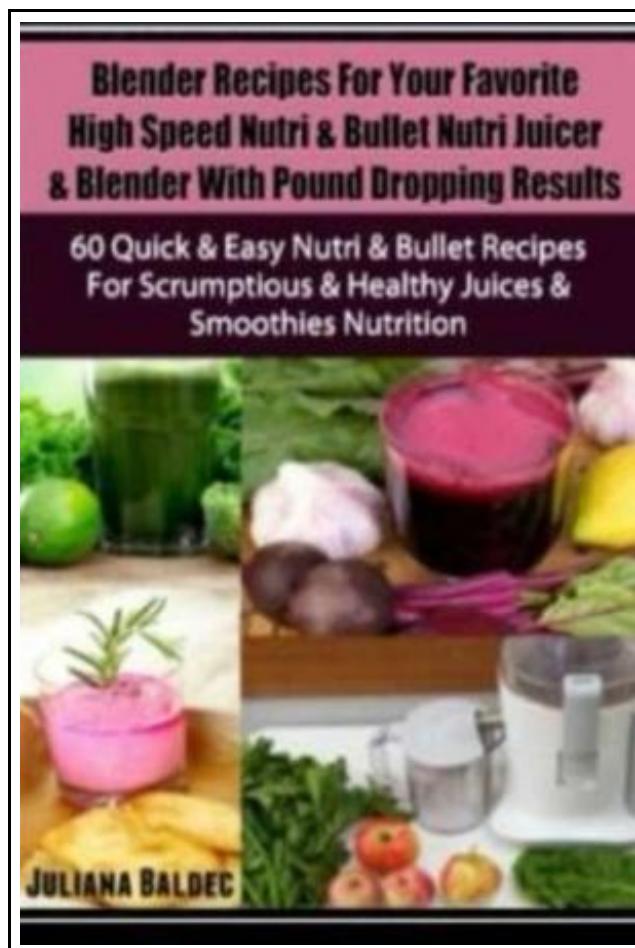


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Why Juice Fasting Smoothies for Weight Loss Works? Here is the thing. Know about the know the specific ingredients that will help you meet your the body s and mind s nutritional needs. The trick here is to chose those ingredients that do not promote fat building up inside of your body. You know yourself and by applying common sense that fad diets as a solution to weight loss is not a solution at all. Diet trends never last over a long period of time and it is just a matter of time to see people who still believe in these diets go from one diet to the next one. This is a sad vicious circle which will never end. The healthier and more realistic alternative to this sad scenario is more of a lifestyle than a diet and it is called fast juicing + the smoothie diet lifestyle. What is great about drinking juices and smoothies is the fact that it is the perfect weight loss solution for females and males. It is the perfect lifestyle for working moms, busy people, people who are on the go, travellers, workaholics, lazy people, young and old. It is perfect for people who are looking for a quick and easy solution that is healthy, delicious and quick and easy to fix. The juicing and smoothie lifestyle is perfect for today s busy people because it does not take lots of time out of the day. Guess what 5 effortless minutes is all it is going to take you. So what do you need to get started? All you really need to get started with this exciting juicing smoothie lifestyle is...



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