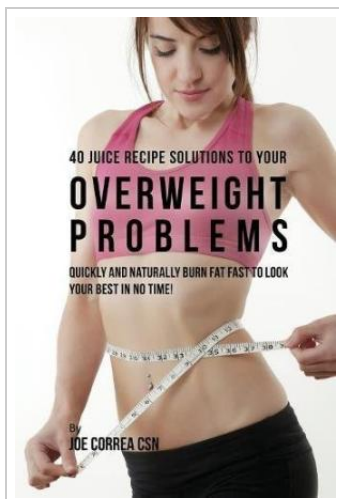




40 Juice Recipe Solutions to Your Overweight Problems: Quickly and Naturally Burn Fat Fast to Look Your Best in No Time! (Paperback)

By Joe Correa

Live Stronger Faster, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.40 Juice Recipe Solutions to Your Overweight Problems: Quickly and Naturally Burn Fat Fast to Look Your Best in No Time! By Joe Correa CSN Staying fit and healthy has become a number one priority in life for most people. The goal for you should be to have good nutrition and a weight loss plan. Combining a proper diet with a well-organized physical activity and a complete body detox has been recognized to be the most effective way to achieve your goal of losing those extra pounds. Unfortunately, we often don't seem to have enough time for cooking and preparing meals which means we aren't getting the nutrients we need. Besides that, having a proper detox plan is necessary for weight loss and this is almost impossible without implementing juices in your diet. This is why most nutritionists agree that juicing is the number one option for weight loss and a complete body detoxification. First, let's go over some of the benefits juicing has in general. If you're not the type of person who enjoys eating fruits and veggies...



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