



# **The Juice Detox: 20 Refreshing Juice Recipes for Slimming and Healthy Living (Nutribullet & Vitamin Water)**

*Mildred Hopkins*

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Have you ever wanted to just drink a magic potion and get all of the nutrition you need? Have you ever glared at yet another salad and wished there was something you could do differently? Have you ever thought that a quick and refreshing drink would be the perfect boost in your busy day? Juicing, while not actually magic is one of the best ways to get a super-charged boost of fast energy without having to eat a big meal to get it.

This book is going to give you all of the basic information about juicing including the difference between juices and smoothies and which one is right for you. It will also give you the basic blueprint for your juices- the perfect way to create your own flavorful juices with favorite ingredients. This handy guide is perfect for people who like to be a little more creative as well as those who need to change ingredients out because of allergies or because it is out of season.

## **Here is a preview of what you will learn from this book:**

- How to know if you are getting too much juice in your daily routine.
- The benefits of fresh, quality ingredients,
- How to incorporate juicing into your weight loss routine.
- Some of the common myths and misconceptions surrounding juices, smoothies, and similar drinks.

I know that you will enjoy reading this book, and I bet that you will be as excited as I was to get to the best part: making and tasting the wonderful juices!

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