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An all-encompassing reference to using juice fasting strategies for
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CLEANSING USING A SLOW-MASTICATING JUICER

Thanks to the masticating juicer, which crushes fruits and vegetables into a smooth juice without destroying vital nutrients the way heat-producing centrifugal juicers do, the health benefits of drinking homemade juices has reached incredible new heights. Packed with over 300 recipes, Cold Press Juice Bible is the ultimate guide to getting the most out of these revolutionary machines. By juicing at home, consumers can choose exactly which ingredients to put into their bodies, skipping processed sugars and artificial ingredients in favor of organic fruits and seasonal vegetables that are chock-full of minerals, vitamins, and life-saving antioxidants. Cold Press Juice Bible explains how to maximize health benefits while balancing the complex flavors these machines are capable of extracting. In addition to fruit-by-fruit and veggie-by-veggie

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nutritional breakdowns, the author shows readers how to mix and match a wild variety of ingredients to create delicious artisanal flavors. Going beyond recipes, the book lays out four different juicing diets readers can incorporate into their daily regimens, ranging from short detoxifying cleanses to weight-busting, long-term diet strategies.

CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS

Looking for a quick, flavorful and nutritious way to stay youthful and healthy? The Green Smoothies Diet provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits.

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Follow the delicious and hunger-satisfying raw-food diets offered in this book and you will lose weight, gain energy and feel vibrantly healthy while clearing your body of toxins. Raw Food Cleanse offers four customized plans that provide you with everything needed for an easy and powerful detox, including: • toxin self-assessment

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• day-by-day programs • mouth-watering recipes • real-life success stories • 3-Day Energy Boost Cleanse Give your body an all-natural weekend to start your Monday feeling great. • 7-Day Rejuvenation Cleanse Enjoy a week of delicious raw foods to thoroughly refresh your system. • 14-Day Deep Detox Cleanse Go longer to experience better skin and hair, a clearer mind and a slimmer body. • 28-Day Total Reset Cleanse Give the body a full recharge with an intense, nutrient-packed month of raw foods.

YOU KNOW THE BENEFITS OF THE MASTER CLEANSE: DETOXING, LOSING WEIGHT AND INCREASING ENERGY. But how can you go 10 days without eating? This book shows you! Presenting the day-by-day journals of 12 ordinary people who overcame their fears and successfully completed 10 days

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on The Lemonade Diet, The Master Cleanse Experience offers their real-world solutions to all your questions, including:

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- Effective ways to keep your energy up
- Solutions for the effects of the laxative tea
- Smart approaches to the saline flush
- Strategies for getting through a full day at work
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- and many more

MAXIMIZE YOUR CLEANSE The Lemonade Diet is simple and powerful. The recipe takes only minutes to learn, and when done correctly the cleanse is surprisingly easy and completely safe. But there ' s more to it than just drinking the lemonade mixture. The Complete Master Cleanse offers a step-by-step program that unleashes the full power of the Master Cleanse and all its health

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benefits. Author Tom Woloshyn shares the amazing results, helpful information and insightful tips that he has gained from personally coaching thousands of people on the best way to follow The Lemonade Diet. Much has been learned about detoxing since the Master Cleanse was first developed over 30 years ago, and this up-to-date book explains clearly how and why cleansing can improve all aspects of your personal health, including:

- Increasing Energy
- Balancing Your Body ' s pH
- Losing Weight
- Reducing Swelling and Pain
- Alleviating Allergies
- Flushing the Colon
- Improving Skin and Hair
- Ridding Your Body of Parasites

EXPERIENCE THE BENEFITS OF THE MASTER CLEANSE EVERY DAY

- Stay Toxin Free
- Keep the Weight Off
- Increase Energy
- Improve Skin and Hair
- Eliminate Allergies

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• Maintain a Healthy Colon Spending ten days on The Lemonade Diet is a proven way to transform your body and health. But if you return to your former unhealthy habits, you will quickly undo all you gained. With its comprehensive post-cleanse program, Beyond the Master Cleanse allows you to maintain and extend the Master Cleanse ' s amazing benefits. Beyond the Master Cleanse explains how to identify and overcome the most common difficulties you will encounter in your post-cleanse life. Drawing on the principles and power of The Lemonade Diet, this book ' s program offers an effective way to keep your body from sliding back into a toxic state. From easy parasite cleansing and tips for avoiding common toxins to overcoming addictions and transitioning to your new diet, Beyond the Master Cleanse shows how to continue the healthy transformation you started with your cleanse so that you can live a

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Juicing is the easiest and quickest way to transform your life. Fresh, vitamin-rich fruit and vegetable juices can help you lose weight and improve your health by boosting your metabolism and cleansing your whole body. Juicing for Beginners will teach you how to start juicing today for weight loss and better health, with 100 simple and delicious juicing recipes, as well as a complete guide to starting your own juicing diet. Learn how to pick out the juicer that is perfect for you. Discover the nutritional benefits of each juicing ingredient, from oranges, to spinach, to wheatgrass, and find out how to create your own refreshing flavor combinations. With easy-to-follow directions and amazing recipes, Juicing for Beginners is your complete juicing bible. Juicing for Beginners will change your diet

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