



# **Juicing for Health! Green Juice and Smoothie Recipes for Weight Loss - Juicing Diet Plan for Cleanse and Detox (Diet Recipe Books - Healthy Cooking for Healthy Living Book 1)**

*Julia Cussler*

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# Juicing for Health! Green Juice and Smoothie Recipes for Weight Loss - Juicing Diet Plan for Cleanse and Detox (Diet Recipe Books - Healthy Cooking for Healthy Living Book 1)

*Julia Cussler*

## **Juicing for Health! Green Juice and Smoothie Recipes for Weight Loss - Juicing Diet Plan for Cleanse and Detox (Diet Recipe Books - Healthy Cooking for Healthy Living Book 1) Julia Cussler**

Julia Cussler is pleased to introduce her new book “Juicing for Health! Green Juice and Smoothie Recipes for Weight Loss - Juicing Diet Plan for Cleanse and Detox” that belongs to the series “Diet Recipe Books – Healthy Cooking for Healthy Living” This book includes her personal collection of healthy juice recipes recommended for balanced weight loss dieting.

Do you understand how beneficial green juicing can be for your health? Green juice is one of the best things you can implement into your daily diet if you want to be healthier. Here you are going to find out how green juice can improve your health. You'll learn about juicing for health and for weight loss, and you'll find some great juicing recipes.

- Green Juicing Benefits for Immune System
- Heart Benefits of Green Juice
- Brain-Boosting Juice
- Green Juicing Digestion Benefits
- Cleansing Benefits
- Green Juicing for Weight Loss

The truth is that a good glass of juice is something that you should include in your everyday routine! With a glass of healthy fruit and veggie juice, your body will be so much healthier, and you'll feel so much better. You'll start seeing the benefits of juicing almost immediately. You'll notice that you have more energy, you feel better, you're more positive, and you're better able to do the things you need to do every day.

Juicing alone is not the key to victory, but it is valuable tool in your arsenal when it comes to healthy living!

Good luck and happy juicing!

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