

# [PDF] 12 Most Healthy Juice Recipes. Juice Recipes For Weight Loss, Cholesterol Control, Glowing Skin Etc

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#### Books Details:

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#### Description:

12 Healthy Juice Recipes - extremely tasty, simple, and easy-to-make healthy juice recipes with common fruits available which will TRANSFORM your life. These recipes are in no way supposed to do some miracle cure to your ailments. But hundreds of men and women attested to improving their health after sticking with these juices consistently. All the Juicing recipes in this article are 100% healthy and made from natural fruits and vegetables. As the name of this book suggests, this book does not have hundreds of juice recipe which you might never try. Instead, I have just 12 recipes for which lot of my blog readers have attested saying the recipes made a positive impact on their life.

The book has three sections

1. 12 Most healthy juice recipes
  2. Common fruits and their nutrition chart (So that you can watch what you intake. This will help you if you are on a diet and would like to count your calories). You will not find this in any other book.
  3. Unbiased juicer recommendations which has proved to provide the best juicing experience.
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