



JUICING: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing)

Darrin Wiggins, Charity Wilson, My Recipe Journal

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Juicing Recipe Book

101 Juicing Recipes For Weight Loss, Detox and Overall Health is a compilation of fresh fruit and vegetable juice recipes for people who want to effectively improve their health and loss weight.

Anytime a person can increase the amount of fruits and vegetables in their diet your overall health will improve. It can be difficult to eat the recommended number of fruits and vegetables a day and juicing makes that headache disappear.

Losing Weight With Juicing Recipes

There is an important fact that many juicing books skim over when it comes to losing weight with juicing. You have to be very careful about the other foods you are consuming along with your juices. This is due to the fact that juice whether it is made at home or bought at the store is high in fruit sugars. This means they are also higher in calories.

While some will want you to believe that juicing is a miracle fat burner the reality is it only works in conjunction with healthy eating. They work great for meal replacements or in addition to a meal that may be lacking a full spectrum of nutrients. The point is if you think you can just add a couple cups of juice a day and the fat will just melt off you have been misled.

That is why this book provides a practical and easily implemented weight loss plan. It is a simple way to get your weight loss started using juicing and as you will see some smoothies. When using juices to help lose weight ensure you keep an accurate count of the calories you are consuming. Healthy or not a couple extra thousand calories a day from juice plus your regular food will seriously impede your ability to lose weight.

With the provided weight loss plan you will know exactly how many calories you will need to be putting into your body for maximum weight loss. Juicing when done right can be a fantastic and **long term weight loss plan**. Done wrong you will just be losing weight due to all the trips to the bathroom and then just gain it back again.

Variety Is Key

101 juicing recipes may sound like a lot but let's be honest and acknowledge the fact you might not like some of the ones presented in this book. You should buy a few juicing recipe books in order to have enough variety of recipes that you stick to your goals. Whether that is detoxing, improving your health or losing weight you will get bored drinking the same juice day in and day out.

Some of the recipes will call for a blender also to ensure you are getting maximum variety and can add other health enhancing foods into your diet that juicers cannot process. Have you ever tried juicing a banana? Don't! Just blend it.

The main benefit of juicing is the fact you are consuming more fruits and vegetables. In a society where we live a processed life it can seem difficult to consume enough healthy food and juicing alleviates that. Add juicing to a healthy lifestyle and you will be well on your way to having optimum health and a body you love to live life in.

101 Juicing Recipes is perfect for anyone looking for new and exciting juicing recipes to add to their daily life. Scroll up and grab your copy today.

This book contains all of my books plus another author's as a way to say thank you to you my reader.

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Duane Coley:

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