

What if you could help your body heal and remove any aches and pains by taking a magic pill? Now what if I told you this magic pill was in liquid form!? Join Erin Schumacher, Certified Natural Health and Holistic Nutrition Practitioner, as she embarks on a 40 day journey of only fruit and vegetable juices. Raw fruits and vegetables contain all the enzymes, vitamins, and minerals that your body needs in order to heal itself, have more energy, and feel great! Whether you are new to juicing or simply looking for new recipes, you'll learn a lot in this book, including tips and secrets that they don't usually tell you about juicing! Are you ready to heal? Are you ready to feel great!?

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40 Days of Juicing: A Quick and Tasty Way to Weight-Loss, Detox, & Vibrant Health! by Erin R Schumacher () [Erin R Schumacher] on Amazon. com.

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This Rebirth Yourself 40 Days Transformation and Detox will enhance the As you choose delicious seasonal plant-based foods with a clear intention of this effective, safe and personalized plant-based detox (+ optional juice fast) for many in my cleansers of not only losing weight and feeling more vibrant and healthy, . Discover healthy green smoothie recipes in this ultimate post. Get ideas for the best green smoothies for weight loss with this definitive guide. Learn about the 7 day smoothie weight loss diet plan in this article. Enjoy this vibrant green concoction that is loaded with vitamins and minerals and offers a detoxifying effect. Juicer (Easy Fruit & Vegetable Diet Weight Loss Juicing Recipes Book 1). Kindle Edition 23 Fat Burning Juice Recipes & Tips For Fast Weight Loss.

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