



# The Ultimate Guide to Juicing for Weight Loss & Detox

*Neo Monefa*

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Would you like to lose 10, 25, or even 50+ pounds quickly and easily?

If you're tired of feeling sluggish and just can't seem to find a weight loss solution that works for you, then take action with this book.

Here's a preview of what you'll learn:

- How to use juicing to jumpstart your weight loss
- Ways to boost your juice for added benefits
- How juicing will give you radiant health and vitality
- How to decide which juicer is right for you
- The importance of buying organic produce
- Complete fruit and vegetable list with nutrient breakdown
- Plus so much more....

You're going to discover the best kept secrets to losing weight and feeling great. The best part is how incredibly easy it will be. There are no long grueling exercise plans to take part in, no complicated fad diet plans to follow - only deliciously simple juicing recipes! You'll be amazed at how easily the weight just seems to fall off, all while drinking delicious juices that taste more like a treat than the nutritional powerhouses they are.

Unlike fad diets, this book will give you the foundation you need to build a healthy lifestyle. You won't just lose weight, you will regain your youth. You will forever be free from counting calories, trying to lose those same 10 pounds, and waking up feeling much older than you should. Juicing is the key to not only reversing the signs of aging, but also adding years to your life. So what are you waiting for? Start your juicing journey today!

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