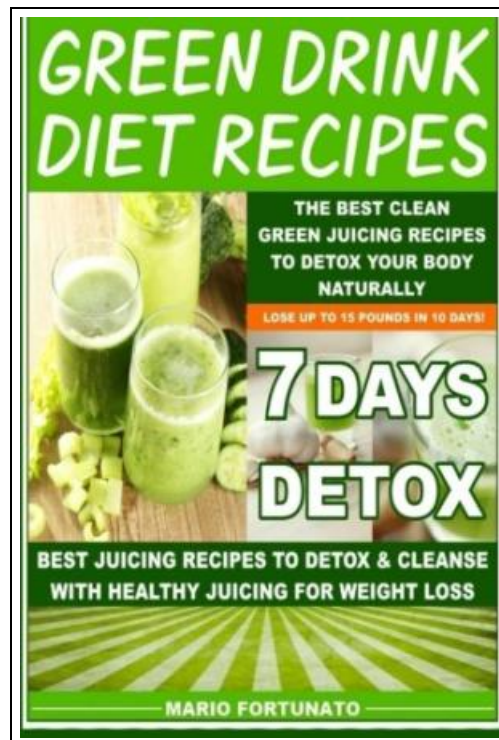


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Green Drink Diet Recipes: Most people have heard about the health benefits of a raw diet and you ve maybe learned that a green juice diet can promote your wellbeing but you might not be really sure about the real powers of this kind of green drink diet. With this book you will discover all the powers of a green juicing diet to detox and how your body will benefit from consuming these healthy recipes frequently. Why is it essential to include green juices in your healthy diet? This is one of the best and most effective ways in which your system is able to absorb tons of minerals, vitamins and enzymes from leafy greens. The problem with today's western societies diet is that there is a proliferation of the consumption of processed foods and unhealthy eating habits like consuming too many red meats, all sorts of fast foods, sugary sodas, excess of alcohol consumption, conspicuous caffeine consumption, saturated fats, dairy products and refined sugars. This phenomenon intoxicates our bodies creating a hostile and unhealthy environment inside our systems. Different illnesses like cancer, obesity, heart disease, premature aging, fatigue and allergies among many others can be prevented when you introduce these green diet recipes into your life, all the green juicing recipes included in this book promote an alkaline healthy environment inside your body. Green juices are so powerful that they infuse an alkaline environment into your circulatory system. All you need to do is start with these super healthy green drink diet recipes to detox your body so you feel the effects of juicing for weight loss and recover your energy. Inside this book you will find...

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