



Juicer Reviews & Juicing Guide: Complete Guide to Juicing, Detox, & Weight Loss

Brandon Ruse

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Have you been trying to lose weight? Have you ever heard about the juicing process?

Let me tell you why I wrote this book.

Everyone hears all about these juicer ads but they don't get the straight and fair answer about how it all works. I want you to take the step to introduce yourself to a great new world of juicing.

In this book I go through the process of explaining what juicing is and why it will be helpful to you. This book is quick and to the point and doesn't waste your time. It's not long but it packs a lot of information.

Jamba Juice, Reviews of Juicers, and more...

I go through and explain how you can find the best juicer and even do juicer reviews. You've heard about Jamba juice, now use these recipes to juice for yourself!

You want to lose weight? Read this book.

You need to learn about the benefits of fruits and vegetables? Read this book.

You want to stay looking like a cow? Don't read this book.

This Book is Packed with Helpful Information & Time Saving Tricks

Here's what you get:

Why You Should Read This Book

Introduction to Juicing

Day 1: Understanding Juicing, A Grocery List, and Accessories

Common Myths About Juicing

Part 1: All About Juicing & Your Body

Sugar's Effects on The Body

Vitamins Your Body Needs

Vitamin A

Vitamin B

Vitamin C

Vitamin D

How To Lose 7 Lbs. In 7 Days

Your Juicing Grocery List

Say No To Juicing These Fruits

Juicing Rules of Thumb and Yields Per Fruit
Rule #1: Understand This Is a Lifestyle Change
Rule #2: Setting Manageable Goals & Staying Committed
Rule #3 Get The Right Equipment
Centrifugal Machine
Masticated (Cold Press) Juicers
Comparing Masticated & Centrifugal
10 Must Have Juicing Accessories
Part 2: All About The Juicing Process
Pre-Juicing Phase
Understanding Your Relationship With Food
Days 1-4: Detoxing Phase 1
What To Expect When Detoxing
Cleansing Your Body Before Juicing
Juicing Recipes for the Detox Phase
Fruit Delight Detox Recipe
Mean Green Detox Juice Recipe
Fantasy Fertility Juice Recipe
Allium Antioxidant Extravaganza
Swiss Chard Kale Recipe
Apple Cucumber Juice Recipe
Juicing Phase 2: Maintenance
Extra Resources
Reviews
Bonus: Weight Loss FAQ

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Kathie Richmond:

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Carlos Reese:

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Robert Holt:

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and believe that you are the character on there. So , not at all of book usually are make you bored, any it makes you feel happy, fun and chill out. Try to choose the best book for yourself and try to like reading in which.

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