



Juicing Recipes for Vitality and Health (Paperback)

By Drew Canole

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Juice Up your life! If there was ONE thing that you could do RIGHT NOW to change your body from within that literally had the power to transform your body on a cellular level and didn't involve any magical potions or pills, would you be interested? My friend, I have great news! Just a few short years ago, I was introduced to the life-changing powers of REAL food in the form of fresh pressed JUICE! Green juice to be exact. And my whole existence changed. YOURS CAN TOO! Do you want: More energy? Less cravings? Sharper focus and mental clarity? Better sleep? Balanced mood? To maintain a healthy weight? Well, these are just some of the benefits of juicing when paired with a balanced diet and lifestyle. And all you need is a juicer, fresh produce, the commitment to yourself and a no excuses attitude to take action! Author, Drew Canole has helped thousands of people transform their lives using real food, positive mindset and healthy habits. His favorite, of course, is teaching the benefits of JUICING for vitality...

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