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Detox for the Soul: Liver healthy, and juice your way to skinny. (Cleanse the liver, feel energized, and lose weight with these super juice recipes Book 1)

Pennie Mae Cartawick, Cartawick Pennie Mae

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Detox and feel great: Juice your way to health, cleanse your liver, lose weight fast.

Detoxification generally refers to the process of removing harmful toxins from the body. We are designed to handle only up to a certain threshold of purification during the removal of harmful wastes. It is therefore common to find people suffering from diseases that are related to the buildup of toxins in their bodies. We can get rid of these excess toxins by applying various methods to safely flush impurities through the Liver. Detoxification is significant in maintaining a slightly alkaline PH level, thus, preserving a healthy immune system. It is also good to note that the various methods of cleansing fall under what is referred to as alternative medicine. Reducing these contaminants assists the body in naturally carrying out the purification process.

Introduction.

Why Detox
Signs for detox
Fruit detox
Eat your greens
Herbs
Drink more Tea
Flower Power
Spring Garden Tea
Sweet Turmeric Surprise
Fruit & Veg Spring Dandelion Booster
Fruit Detox Recipes for Weight Loss
Pomegranate Pineapple Lemon Bliss
Cranberry Juice Twist
Lemonade Zest Cleanse
Green Lemonade
Blueberry, Apple and Cherry Delight
Grapefruit and Cucumber Wake-up-Call
Pineapple Tonic Blend
Peach Sunrise
Pink Delight
Orange Go-Getter
The Fruit Chiller

Detox Filler
Vegetable Detox Recipes for Weight loss
Rainbow Veggie Tonic
Healthy Green Magic
Lean Green
Tomatoes and Cucumber Juice Sensation
Spinach and Apple Blend
Watercress and Carrot Juice Serum
Vegetable Soup Smoothie
Fresh and Spicy Summer Veggie
Full of Life
Super V-28 Juice
Beets and Treats
Get in to the Beet
Heart Beet
Detox Beet Juice Recipe
Any Time Cocktail
Morning Call
Veggie Island Booster
Carrot Cleanser Fix
Green Detox Twist
Veggie Velvet
Morning Sunshine Blast
Ginger Haven
Summer Green Weight Loss Burst
Mean Machine

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