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15-Day Green & Fruity Smoothie Detox - A Natural Weight Loss Program to Lose 10-15 Pounds in 15 Days: With 25 Additional Delicious Smoothie Recipes!

Dr. Azka

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Dr. Azka

15-Day Green & Fruity Smoothie Detox - A Natural Weight Loss Program to Lose 10-15 Pounds in 15 Days: With 25 Additional Delicious Smoothie Recipes! Dr. Azka
Updated: 04 August, 2014
This book is written by Ms. Azka who is an experienced Medical Doctor and have in-depth knowledge about human Physiology, Anatomy and effects of food on human body systems. This book is basically a 15-Day cleanse and weight loss program that will lose your 10-15 pounds, or more, in just 15 days. If you will strictly follow the instructions mentioned in this program, you will be losing maximum weight and gaining maximum health benefits.

Every effort is made to make this book very simple, short, to the point and easy to understand & follow. Important concepts and topics are discussed in beginning that you must know to take full advantage of this program. The intention of writing this book is NOT to educate you about human Physiology and Anatomy etc. The main focus is to give you clear step by step instructions that will help you in losing your extra body weight in a safe way.

***** Additional 25 Delicious Green Fruity Smoothie Recipes Added:*****
In this edition of book, 25 additional green smoothie recipes are added. You can drink these tasty smoothies even if you don't want to do complete 15-day cleanse program. Just drinking one smoothie per day will give you enormous health benefits after few weeks.

What is the Main Aim of this 15-Day Program?
The main aim of writing this 15-Day Green & Fruity Smoothie Detox and Cleanse book is to provide you a free-of-fluff and easy to follow program that can make your bodies free from extra fat & make you healthy without any side effects. Author of this book is a Physician and knows what human bodies really want. This book is NOT about losing your extra weight by intense exercise program, dieting or weight-loss pills. Of course, you can lose your weight by these methods, but most of the time your body re-gains weight after few months or years.

This 15-Day Smoothie Cleanse program will help you in making your body toxins free and losing extra body fat. All this will be achieved by adding delicious smoothies in your daily diet. These smoothies contain fruits, green vegetables and water.

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Bruce Butera:

People live in this new day of lifestyle always attempt to and must have the free time or they will get great deal of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely without a doubt. People is human not really a huge robot. Then we inquire again, what kind of activity have you got when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative inside spending your spare time, the particular book you have read will be 15-Day Green & Fruity Smoothie Detox - A Natural Weight Loss Program to Lose 10-15 Pounds in 15 Days: With 25 Additional Delicious Smoothie Recipes!.

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