

[PDF] Juicing Diet Secrets

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Description:

Are you having a hard time losing weight? You're not alone. Even people that exercise and eat "healthy" sometimes can't seem to drop the pounds. Part of the problem is that we flat out don't eat enough vegetables and fruits. Grains, breads, pasta, cereals, and beans have replaced green vegetables in our diet. Over time this wrecks havoc on our digestion and metabolism.

Juicing Diet Secrets shows you how to fix your weight loss problems by drinking your vegetables and fruits. People have juiced for over 2000 years and juicing raw vegetables, fruits, and herbs are a great way to get vitals nutrients into your bodies and increase energy. Dave Bruno's *Juicing Diet Secrets* shows you:

- **How to make yucky looking "green" juices taste great using a few secret ingredients**

- How to pick the perfect juicer
- **What vegetables and fruits give you the biggest "bang for your buck" juicing**
- More than 20 classic juice recipes you can use today
- **The 7 Day Juice Diet Detox that gives you more energy and helps rev your metabolism and melt fat in only 1 week!**

If you've ever been curious about the benefits of juicing... If you've ever struggled to eat your vegetables... If you just can't seem to lose the weight, then give *Juicing Diet Secrets* a try and start looking great and feeling fantastic today.

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