

Green Smoothie Cleanse: Good Raw and Bitter (Paperback)



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Reviews

*This publication will never be effortless to get started on reading through but very fun to read. It is actually loaded with knowledge and wisdom You will not truly feel monotony at anytime of the time (that's what catalogues are for about in the event you check with me).
(Marlin Bergstrom)*

GREEN SMOOTHIE CLEANSE: GOOD RAW AND BITTER (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is designed to help lose weight by juicing without much work out. Provides detailed information of each smoothies benefits and particular conditions that can be cured and motivates you every step of the way. This diet will help you prevent diseases and control conditions; mental health, increase you libido, lower blood pressure, reduce inflammation, cleanse your blood, prevent Alzheimer and cure constipation. Also known to prevent all types of cancers such as; breast, colon, liver, prostate and stomach cancers. No two recipes are the same, each is unique in its own way with different or similar disease prevention and conditions. Conditions include asthma, digestion, and so on. This diet must be used as it is without adding or substituting any ingredients. Both adults and kids can use this diet cleanse and healer book to treat and/or prevent a number of conditions. Also contains recipes for energy boosters, great for active kids and adult workouts. Can be consumed from home or at work for busy persons, result may vary especially when a simple workout routine is added to the cleanse program.



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