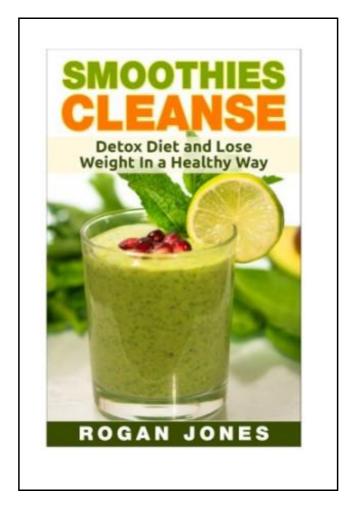
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SMOOTHIES: SMOOTHIES CLEANSE - DETOX DIET AND LOSE WEIGHT IN A HEALTHY WAY



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn How To Make Healthy Smoothies! Benefits: Improving Your Health And Wellness, Detoxing, Weight Loss And Much More This book will provide you with comprehensive information about smoothie cleanse. Losing weight is a challenge for many people. That is why with each passing day, there is a new diet claiming that it can help you lose weight. Unfortunately, many of these diet plans fall short of the hype they are often associated with. They tend to work for the first few days then after some time, you get to a weight loss plateau where you just cannot seem to move forward towards your weight loss plans. Then you may ask yourself. Why do they fall short of whatever it is they promise when they seem to be very good on paper? Well, while there may be many reasons as to why you may struggle losing weight, it is important to understand that if you want to start losing weight fast, you need to start by detoxifying your body of all toxins. Detoxification helps to eliminate toxic overload from your body and makes it easier to lose weight. This is because toxins are stored in the fat cells, and the more toxins you have, the more the fat cells expand making it harder to lose weight even as you reduce your calorie intake. For effective weight loss, it is important to first eliminate these toxins through detoxification before going on any weight loss program. Smoothies are not only good for eliminating excess toxins in the body; they also help to heal the body and improve overall health and wellness. In this book, you will find a...

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