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(Ernest Berghaum)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a 2 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec s 2 titles: Book 1: Clean Eating Book 2: Smoothies Are Just Like You! .from one one of America s most passionate advocates of turning common and sick making food choice into a healthy balanced lifestyle that includes 5 minute quick effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Not only can these healthy blender recipes drinks boost your health, wellness happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing weight and keep it off, and many other health benefits. When Juliana got started with smoothies and juices, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious and satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir, that she is going to share with you inside, and a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing and Asthma problems at the same time. Consuming a combination of these fruit smoothies, vegetable smoothies and juicing recipes will help your body get rid...



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