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Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies And Juicing Recipes



Synopsis

It is important for people to be healthy. A boxed set of three books on detox cleanses and juicing can help people to be able to effectively rid their bodies of toxins. People who do this are able to lose weight because the body becomes much healthier. Each item that is consumed on a daily basis has to be broken down. This can mean that people are exposed to chemicals, toxins, metals and other materials that can be harmful. The books provide step by step instructions on how to get started. This can help people select the right methods in which to cleanse their bodies to achieve weight loss goals.

Book Information

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Customer Reviews

I think that this book covers every type of juice recipe that could possibly be created. It is actually a three book set, with the first book being all recipes for a certain brand of juicer. I get that it is the best one (at least in the opinion of the author), but it was a little like an infomercial. The second book has a lot of really delicious (and healthy) smoothie recipes. They have beautiful photos with each recipe. I'll admit, I am visual, so when I flip through recipes, I like to see what it will look like. The third book has more juice recipes. All the books are good at explaining the health benefits of each

particular fruit or vegetable. I enjoyed looking through these recipes, and will definitely make use of them in the future. Disclaimer: I received this book for free in exchange for a fair and honest review.

So every year I come up with the same healthy clean eating exercising resolution and I was hoping to find a guide to make it easy for me, that way I don't have to google for a recipe every time I need one. The book is ok, it has important information and good useful recipes but some how I waisted more time searching through it than by simply typing what I want on google. Besides it looks a little outdated, for us struggling with diets appealing pictures are important, it gives us motivation. I received this book as a sample to give my honest.

This book has a lot of recipes involving the nutribullet and other juicers . It has smoothie recipes galore ! The images accompanying the recipes are not the greatest quality. They look like copy-pasted PowerPoint slides . I've been craving ginger recently and learned , from this book , that it is good for preventing ovarian cancer , Alzheimer's disease , and other benefits that I cannot remember now . I will try to incorporate ginger into my daily diet . I received this book for free in exchange for a honest review .

This bundle has three books in it. The first book is based around a Nutribullet, every recipe is titled, "Amazing Nutribullet Recipe #." While I'm all for using a product that you love, and spreading your joy of that product to others, this really just felt kind of like an ad for Nutribullet. There were some good recipes, but there were some "weird" ingredients that most people don't have on hand. I feel like the first book was geared more towards those who already are in a clean-eating and smoothie-making groove. I was only able to make a few recipes without going to a health food store. The second book is all about smoothies. The first part of the book goes over health benefits of different fruits and vegetables, which is helpful when straying away from recipes. It also has some "weird" ingredients, such as kefir, which also gives it more of an intermediate feel than a beginners smoothie guide. I liked the introductions of each smoothie that talked about the benefits, but I wish they would have been more brief. I get it, the smoothie is great! Just give me the recipe! The third was about juicing. Again, there were some really yummy recipes, but it felt like an ad for Nutribullet and there were seriously four pages of benefits before the recipe made an appearance. I felt frustrated with all the fluff. All in all, it had some really good recipes, but I felt like it was a bad combo of beginner and intermediate. Lots and lots of information for the beginner, but then not-so-beginner recipes. I would have preferred more balance between the two.

Been trying to start a new clean eating plan for me and my family so I was excited to see these books in a boxed set. Starting Juicing and smoothies has really been an endeavor we have dived into full force and the kids really like it. We start out day off with healthy smoothies now and it is working out great. If you are looking for ways to incorporate and healthy lifestyle with juicing and smoothies this is the book for you. This book is a set and starts off with nutrabullent recipes but never fear there are plenty of recipes other than that too so do not be thrown off by it. After that book you will go on to lots of really healthy and easy to make recipes that do not take a certain brand of juicer. Along the way are health benefits, great recipes, and pictures to help. You will not be disappointed. You will find lots of good, healthy ways to incorporate juicing or smoothies into you day. Overall, Recommended as a very good book! I did receive this product free or at a reduced price in exchange for an honest review. Regardless, this review is 100% my own honest and unbiased opinion. I am not required to leave a positive review. I only recommend products or services that I use personally, and feel comfortable recommending to others. I hope this is helpful with your purchasing decisions. If you find that this was helpful, please Vote the YES button below and Thank You so much!

Feeling sluggish or out of sync? Struggling with skin problems, aches and pains, or digestive problems? Can't seem to lose weight? It might be time for a body detox. Practiced for centuries by cultures around the world detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health. I received this item discounted in exchange for my testing, inspecting and reviewing it. I received no compensation for my review and state my honest and unbiased opinion of the product. My words, images and the rating I provide are my own and my overall analysis of this particular product is where I stand based on what the listing contained upon ordering it, what I received with this product and my personal experience with this product. Thank you for reading it! I received this item discounted in exchange for my testing, inspecting and reviewing it. I received no compensation for my review and state my honest and unbiased opinion of the product. My words, images and the rating I provide are my own and my overall analysis of this particular product is where I stand based on what the listing contained upon ordering it, what I received with this product and my personal experience with this product.

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Superfoods, Healing and Exercise (Nutribullet ... Juicing, Weight Loss, Cookbook, Smoothies) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies)

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