

How to Lose 30 Pounds (or More) in 30 Days with Juice Fasting (Paperback)



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Reviews

An exceptional ebook and also the typeface applied was intriguing to read through. I have got read and i also am sure that i am going to likely to go through yet again once more in the foreseeable future. I discovered this pdf from my dad and i advised this ebook to find out. (Dr. Raven Ledner)

HOW TO LOSE 30 POUNDS (OR MORE) IN 30 DAYS WITH JUICE FASTING (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Includes motivational messages, standard recipe and, NEW in this updated edition, get Rob's Top 52 favorite juicing recipes! It's time to obliterate the excess weight from your body and get healthier, leaner and better than ever before. And you can accomplish most, if not all, of these objectives in just 30 days with the mighty and life-changing discipline of juice fasting. A major breakthrough in your life and health is not only possible but imminent as juice fasting can help you heal and lose weight faster than any other method. Why postpone the achievement of your goals for another year? How long has it been since you felt really good about your weight and health? How many times have you said to yourself: This year I am going to lose the weight, only to end up postponing the process? Have you ever stayed awake at night thinking and worrying about your health? Wouldn't you like to look at yourself in the mirror and see those pounds gone once and for all? Who could put a price on this kind of triumph and freedom? I asked myself these very same questions for a very long time as obesity and binge-eating ravaged my life. Until I got sick and tired of being sick and tired and decided to take action; until I made a commitment to myself to do whatever it takes to lose the weight and restore my health. And, as I discovered, nothing works like juice fasting to burn massive amounts of fat quickly and fill the body with potent, healing, anti-aging nutrients. Here's the great news: Within 30 days, you could be 30 pounds lighter...

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