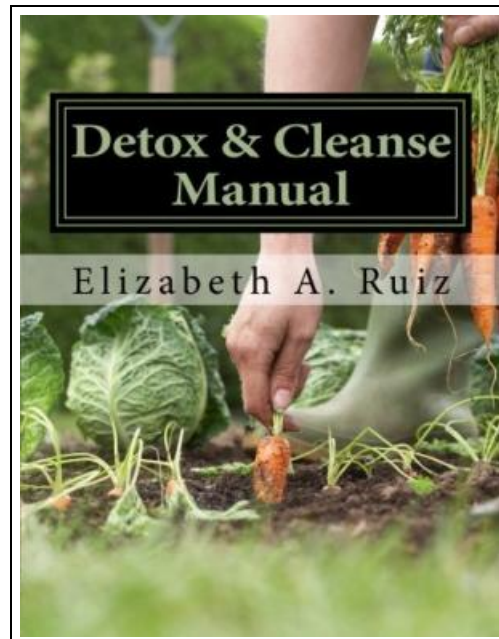


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Most people think about buckling down on their diets. What I have found works best is to take it in small steps. Start with changing your eating for just a few days -- with a 3-day juice cleanse -- and it is remarkable what positive transformation will follow. The romance of unhealthy foods is powerful, as evidenced by the 65 percent of Americans who struggle daily with being overweight and obese. But it is essential to break the cycle of dependence on saturated fats, refined carbohydrates, processed foods, and excess caffeine and alcohol. In addition to breaking the cycle of cravings of foods that undermine your health, just three days of a juice cleanse can do so much more! Here in this manual are significant health enhancements you can obtain with the 3-day juice cleanse. Let s get motivated and make this the year of your transformation!.



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