



Juicy Life: A Guide to Healthy Living Through Juicing (Paperback)

By Jenny Patrizia

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you are like me, trying to find ways to feed your family in the healthiest, most economical way possible then The Juicy Life is for you! Whether you are a mom who struggles in getting her kids to eat their fruits and vegetables, or a career professional who finds it difficult to eat healthy meals on the go or an elder who finds it hard to chew, digest or prepare a nutritious meal then the smoothie recipe book, THE JUICY LIFE, is perfect for you! The Juicy Life, created by world renowned nutritionist, Jenny Patrizia, is filled with delicious, fun easy to make smoothies. The smoothie recipes in the book, have the potential to help you fight off certain ailments and can help alleviate the symptoms that accompany them, naturally. Each smoothie recipe in The Juicy Life is customized to address a particular ailment by using natural ingredients whose properties can help reduce certain health issues and their symptoms. Just imagine, smoothies, made from fruits and veggies, containing powerful nutrients to help battle insomnia, lower blood pressure, reduce anxiety...

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