



Supercharged Juice Smoothie Recipes: Your Ultra-Healthy Plan for Weight-Loss, Detox, Beauty and More Using Green Vegetables, Powders and Super-Supplements (Paperback)

By Christine Bailey

DUNCAN BAIRD PUBLISHERS, United States, 2014. Paperback.

Book Condition: New. 214 x 180 mm. Language: English . Brand New Book. Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic?

Supercharged Juice Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, Bailey uses an array of ingredients including sea vegetables, herbs, teas, and tinctures to help you supercharge your juice regimen. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind. Bailey (author of The Juice Diet) also provides a handy reference section at the back to help you quickly find recipes to lose weight, maximize energy levels, boost your immunity, combat aging and look amazing. There is even a 3-day power-charged Superfood Juice Diet Plan to set you on your way to looking fabulous as well as feeling great.



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Reviews

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