



The Ultimate Juice Cleanse - 25 Select Juicing Recipes to Optimize Weight Loss, Detox and Longevity: Juicing Recipes for Hydration, Energy, Detox, Weight ... Vitamin Water, Water Fusions, Weight Loss)

C.K. Murray

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The Ultimate Juice Cleanse Begins Today

It's Time To optimize weight loss, detox and longevity. These select juicing recipes will provide everything you've been missing!

Juicing cookbooks are a dime a dozen, but this juice cleansing diet is different. By enjoying these *select* non-alcoholic fruit infusions, water fusions, and vitamin waters, you will finally leave unhealthy living behind! These all-natural recipes are specially selected for those who want: to boost metabolism, lose weight, gain energy, improve hydration, and embrace an effective detox plan. Let the ultimate juice cleanse be your guide to healthy living. Juice for health and juice today. Juicing recipes are here to stay!

”The Ultimate Juice Cleanse” is both a juice cleansing guide and a juicing cookbook. These recipes are designed for anyone and everyone. You don't have to be on a diet, a detox plan, or a juice fasting regimen. Juicing recipes are for anybody! If you seek to optimize the longevity and vitality of your life, a juicing cleanse is right for you.

Do you feel like you haven't optimized healthy living? Are your energy levels down? Are you lacking in proper hydration? Do you want to detox for weight loss and improved longevity?

Do juice cleansing and juice fasting appeal to you? Tired of being low on energy, slow on weight loss, and in need of some kind of diet?

The Ultimate Juice Cleanse will show you how to juice cleanse for health, for real. Boosting energy and embracing detox can be achieved very easily through the right juicing recipes. Loaded with vitamins, minerals, spices, antioxidants and phytochemicals, all of the recipes are perfect for any juice cleansing. There are drinks for weight loss, vitamin waters for energy and power, water with fruit for clarity and focus, and a variety of other powerful juicing recipes not found in most juicing cookbooks. Because the benefits of each

recipe are explained, you will learn how best to optimize healthy living.

So allow the ultimate juice cleanse to be your detox plan, juice fasting regimen, or juice cleansing diet of choice. If you seek to enjoy the numerous physical and mental benefits of juice cleansing, you've come to the right spot. This guide is indispensable to happy, healthy living. Drink for health and for enjoyment. If you're too busy for a sit-down meal, enjoy a juicing recipe. If you want to keep your waist slim and promote weight loss, enjoy a natural vitamin water. If you want nothing more than to detox for longevity and vitality, embrace juice cleansing TODAY.

No reason to delay!

'The Ultimate Juice Cleanse' provides select recipes, which include...

- Juicing for anxiety
- Juicing for hyperactivity
- Juicing for restlessness
- Juicing for sleep problems
- Juicing for low energy
- Juicing for aches and pains
- Juicing for muscle growth
- Juicing for mental clarity
- Juicing for focus and calm
- Juicing for memory
- Juicing for metabolism
- Juicing for weight loss
- Juicing for detox
- Juicing for hydration

Enjoy the following juices...

- The Green Lantern
- Dream Cream
- Blue-Veggie Blast
- Pink Power Blend
- Deep Sable Slushie
- The Kale-Storm
- Apple-Berry Lime
- Coconut Wave
- Emerald Tropic
- Ruby Love
- Bloody Sunset
- Immune Serum

- Frothy Mango Punch
- Pomegranate Panache
- Fire Water
- Dawn of Peach
- The Golden Cleanse
- Minty Pineapple Strawberry
- Turmeric Sunfloat
- Pineapple Dazzle
- Cherry-Berry Delight
- Papaya Splash
- Cantaloupe Lust
- Red Citrus
- Liquid Sunshine

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From reader reviews:

Mike Yerkes:

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Shelia Coggins:

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Timothy Walker:

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