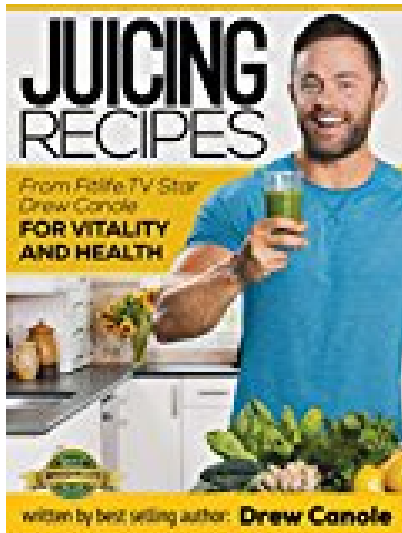


Juicing Recipes from Fitlife.TV Star Drew Canole for Vitality and Health



BOOK DETAILS

- Author : Drew Canole
- Pages : 175 Pages
- Publisher : Fitlife.TV Publishing
- Language : English
- ISBN :

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BOOK SYNOPSIS

Juice Up your life! If there was ONE thing that you could do RIGHT NOW to change your body from within that literally had the power to transform your body on a cellular level and didn't involve any magical potions or pills, would you be interested? My friend, I have great news! Just a few short years ago, I was introduced to the life-changing powers of REAL food in the form of fresh pressed JUICE! Green juice to be exact. And my whole existence changed. YOURS CAN TOO! Do you want: More energy? Less cravings? Sharper focus and mental clarity? Better sleep? Balanced mood? To maintain a healthy weight? Well, these are just some of the benefits of juicing when paired with a balanced diet and lifestyle. And all you need is a juicer, fresh produce, the commitment to yourself and a no excuses attitude to take action! Author, Drew Canole has helped thousands of people transform their lives using real food, positive mindset and healthy habits. His favorite, of course, is teaching the benefits of JUICING for vitality and health. This book is complete with 108 delicious and nutritious recipes to JUICE UP YOUR LIFE along with the tools to create sustainable and enjoyable habits, long-term. Get your daily dose of fruits and veggies in as little as ONE GLASS of beautiful, satisfying green juice each day. Learn how to LOVE veggies in a whole new way and get your kids loving greens as well! All of this and more in Drew's NEW and UPDATED version of Juicing Recipes for Vitality and Health!

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