



**Drop Up To 8 Pounds In 8 Days - Detox Diet
Cleanse: Alkalize, Energize - Juicing Recipes To
Boost Your Metabolism And Remove Toxins That
Lead To ... Delicious Weight Loss Juice Fasting
Recipes**

Victoria V Forres

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I struggled all my life with my weight, I've been called many horrible names, and I had to pay extra for my size in clothing, because I was THAT-- BIG GIRL.

I eat food for comfort and cried because I didn't fit in with the rest, I didn't have a man in my life for years! Why I hear you ask, "because I didn't feel comfortable in my own skin." Until one day it hit me! I began my journey with natural weight loss using "Juice Detox".

How It All Began

My friend Nicole came to visit me 12 years ago and my life has never been the same. Nicole was that "BIG GIRL", depressed and sad. When she first arrived at my home, I looked her up and down --- I was astonished, and immediately noticed something was different about her; yes! the excess weight was gone. I could hardly recognize her. But it was not just the weight loss that made her unrecognizable.

She was happy, confident and looking radiant. I had to ask...how did you manage to lose so much weight? She said "Juice fasting and a little exercising."

I did not waste any time, I rushed to the store and bought all the green produce and fruits I could, because I was desperate for a change; not just to look better in clothing, but to be healthier.

Lose Up To 8 Pounds in 8 Days With Guided Steps!

Drop Up To 8 Pounds in 8 Days: Detox Diet Cleanse - Alkalize, Energize - Juicing Recipes to Boost Your Metabolism and Remove Toxins That Lead To Weight Gain: With over 50 Delicious Weight Loss Juice Fasting Recipes

Start Your Journey to Amazing Health to new heights with one of these delicious weight loss juice fasting recipes!

- **Are you ready to Drop up To 8 Pounds in 8 Days?**
- **Adding more healthy fruits and vegetables into your daily diet?**
- **Boost Your Metabolism And Remove Toxins That Lead To Weight Gain?**

Research have shown that Incorporating juicing in your diet can enhance your body's immune response, help

you lose weight, lower your risk for chronic disease and improve your skin and hair health. Fresh vegetables and fruits are packed with vitamins and minerals, and by juicing your fruit and vegetables, you get all of the benefits from your produce in the purest form.

With over 50 delicious juicing recipes loaded with dietary fiber, antioxidants and nutrients, you'll be able to cleanse and detox your body and start feeling more energetic.

A cleansing detox drink is a great way to have all your essential vitamins and minerals without having to turn to processed multivitamin. One glass of fresh vegetables and fruits juice a day produced from greens such as, celery, cucumber, kale, and spinach-works miracles for weight loss, immune system strength, and organ health.

Lots of celebrities are quickly starting to crave more vegetables and fruits, leading them to a healthier lifestyle with these delicious Juicing For Health And Weight Loss Recipes.

Drop up To 8 Pounds in 8 Days Diet Book provides health enthusiasts all the powerful tools they need to accelerate their progress towards optimal health, by adding Juicing to their daily routine and feel the wonderful, energizing results inside out.

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Megan Snyder:

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