



How to loose 6 pounds before the weekend: 3 day juice diet

Alex Toro

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Want to loose 6 pounds before the weekend fast and safely? Then this book is for you.

Why is this 3 day juice the best diet? This natural diet program uses all natural ingredients to help your body eliminate toxins, stop sugar cravings, and reboot your system to get back on the fast track to health.

This 3 day diet plan includes delicious juicing recipes plus light yoga and exercise tips, to help you stay satisfied and healthy while you reboot your system.

If you have never juiced before, you will love it!

This easy read explains the basics of juicing, why juicing is so important, and how this cleanse can help you.

Juicing condenses all the vitamins and minerals, antioxidants, and phyto-nutrients from fresh produce into a powerful healthy drink! No vitamin or supplement can take the place of the living power of natural micro food.

If you want more energy, if you want to feel better, if you want to stop food cravings, then DO the 3 day juice diet Your body will thank you!

This book gives you all the guidance and recipes along with tips for success, to make your 3 day diet a success.

Do something good for yourself today. In only 3 short days you can forge a new path to a new you.

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