



# The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty

*Sonoma Press*

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A juicing diet can boost your immunity and help you lose weight.

Studies have shown that adding juicing into your diet can improve your body's immune response, reduce your risk for chronic disease, improve your skin and hair health, and help you easily lose weight. Fresh fruits and vegetables are loaded with vitamins and minerals, and by juicing your produce, you get all of the benefits of your produce in the purest form. *The Juicing Diet* is your guide to experiencing the benefits of a juicing diet. With 175 delicious juicing recipes packed full of nutrients and antioxidants, you can detox your body and begin to feel more energetic right away.

The Juicing Diet will help you lose weight and improve your well-being with:

- **175 delicious and nutritious juicing recipes**
- Introduction to the many health benefits of juicing
- **30-day juicing weight-loss plan**
- Special tips on juicing for beauty, weight loss, and detox
- **10 steps for success** on a juicing diet

Whether you're looking for a foolproof way to lose weight, or you just want add more nutrients to your diet, *The Juicing Diet* is sure to quench your thirst and give you an energy boost to power you through your day.



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