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Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies And Juicing Recipes



Synopsis

It is important for people to be healthy. A boxed set of three books on detox cleanses and juicing can help people to be able to effectively rid their bodies of toxins. People who do this are able to lose weight because the body becomes much healthier. Each item that is consumed on a daily basis has to be broken down. This can mean that people are exposed to chemicals, toxins, metals and other materials that can be harmful. The books provide step by step instructions on how to get started. This can help people select the right methods in which to cleanse their bodies to achieve weight loss goals.

Book Information

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Customer Reviews

This a set of five books about juicing smoothies and some information on detox. I do agree with some of us that information needs to be organized better. The book titles are not organized on the Kindle very well. For instance, for the first free book titles, you have to scroll down or used to content bar to find the end of the other book. The First book was like ad copy for the Nutribullet. The recipes on the first book just say Nutribullet recipe 1, 2 3 etc. This makes it very difficult to search for recipes in that book. Also, not everybody has a nutribullet, I have a Vitamix and a Breville juicer. It

might put off readers that do not have a Nutribullet. The second book was better because it was more descriptive in the content titles of the recipes. Those recipes also need to be organized better i.e. the fruity vs the green smoothies. I think the third book had some information how she lost weight with juicing and smoothies but she didn't give a method on how to lose weight. For example, how often does one drink smoothies? Is it purely as a breakfast or lunch or all day? I like that the last two books on detoxing, they had a lot of information on the nutritional value of fruits and vegetables. Overall, the books are very informative, they need more structure in order to make it easier for the reader to find recipes. I will definitely try out the recipes and will give an update later. I was given this book to review at a discounted rate. this is my honest and unbiased review.

I think that this book covers every type of juice recipe that could possibly be created. It is actually a three book set, with the first book being all recipes for a certain brand of juicer. I get that it is the best one (at least in the opinion of the author), but it was a little like an infomercial. The second book has a lot of really delicious (and healthy) smoothie recipes. They have beautiful photos with each recipe. I'll admit, I am visual, so when I flip through recipes, I like to see what it will look like. The third book has more juice recipes. All the books are good at explaining the health benefits of each particular fruit or vegetable. I enjoyed looking through these recipes, and will definitely make use of them in the future. Disclaimer: I received this book for free in exchange for a fair and honest review.

Well for one, now I want to get myself a Nutri Bullet Extractor. I have my blender that I have been using to try out some of these and so far they are fantastic and do exactly as the descriptions say. It is great, to have this book laying around. Some days I do need an extra energy boost with my crazy busy lifestyle. And I have started one that is supposed to help you drop weight due to extracting the toxins from your body. I have yet to see results but I have just started with all of these and I do want to get myself a Nutri Bullet to see if it does everything he states. Either way, a free book with juice and smoothie recipes to get healthy, in exchange for a review, I don't see anything that could be wrong with this. The recipes thus far are flavorful and filling, if the ones I have tried do everything stated, I don't see why the other won't have the same effect after keeping up with them. Can't wait to try more and see results of healthier living.

My purchases juicing box set because I was curious about juicing and smoothie diet. This box that has four books in it this chock-full of recipes and information that a good 3 smoothies a day with a

light dinner can help you lose massive amount of weight. The author use the nutribullet extractor to make all the recipes. The author itself could it that she lost 20 pounds in 2 months this particular diet. These smoothies include ingredients such as veggies, fruits, nuts, tofu, and dairy. Overall this book was outstanding for information and recipes it makes me feel quite certain that I follow these instructions complete and be able to lose weight as well doing juicing and smoothies. I received this book for the discounted rate for my unbiased opinion.

I really enjoyed reading it , there are so many different receipes , from dips to shakes to marinada ,etc.very easy to understand and really interesting . It makes me want to try all the receipes .So now you probably ask why only 4 stars ?Because in the whole book I felt like the author is not trying to sell me the ingredients but a nutribullet or vitamix ,etc.the author says that you still can use your regular kitchen smoothie maker till it breaks and then buying your "dream Machine ".Anyhow I really loved the receipes that's why 4 stars .I received the item for free for my unbiased and honest review.

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