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Amazing Detox Box Set (4 in 1): Green Smoothie Recipes and Miracle Vitamin to Burn Fat and Stay Healthy (Body Cleanse & Green Smoothies)

Chelsea Horn, Colleen Diaz, Johanna Thomson, TIffany Brook

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Amazing Detox Box Set (4 in 1)

Book One: Green Smoothie Cleanse: 15-Day Healthy Detox Program with Recipes for Rapid Weight Loss!

Here is a preview of what you will learn from this book:

• Arguments supporting such a diet
• Why smoothies
• When should we consider "detox-ing" our body
• How will our body react to a diet based on green smoothies
• What other foods should be consumed in this period and which ones should be avoided

Book Two: Miracle Vitamin Water: Rehydrate, Detox and Add Vigor to Your Health + 20 Vitamin Water Recipes You Can Make At Home

Here is a preview of what you will learn from this book:

• Find out what vitamin water is
• Learn the difference between commercially produced bottled vitamin waters and homemade vitamin

infused water.
• Understand the benefits of drinking vitamin water on a daily basis and the reasons why you should consider making this drink a part of your everyday diet.
• Discover flavor combinations by trying out the featured vitamin water recipes in the book.
• Learn the dos and don’ts of making and drinking vitamin infused h20.

Book Three: Weight Loss Smoothies: Delicious Recipes for Your Detox, Cleanse and Weight Loss Program

Through the pages of this book you’ll learn that Green Smoothies are:

• good for your dietary health (smoothies are easier to digest than solid foods.
• great energy boosters.
• an excellent way to detox and cleanse your system.
• fast and easy to prepare.
• loaded with nutritional value.
In addition to understanding why Green Smoothie are a good choice for you, you also learn:
• How to properly prepare a Green Smoothie
• How to store a smoothie so that it will last for hours without breaking down.
• How to do a Smoothie Detox and Cleanse
• What you can expect for one of our Green Smoothie Recipes

Book Four: Amazing Smoothies: 20 Cleanse Smoothie Recipes to Help You Detox, Lose Weight and Feel Great!

Inside You Will Learn:

• What detox is
• What cleaning is
• How to keep your health in good condition
• What you can add to smoothies to help you lose weight
• Twenty smoothie recipes and why their ingredients are beneficial

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Ray Chung:

Why? Because this Amazing Detox Box Set (4 in 1): Green Smoothie Recipes and Miracle Vitamin to Burn Fat and Stay Healthy (Body Cleanse & Green Smoothies) is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such wonderful way makes the content on the inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to delay having that book? If I were being you I will go to the guide store hurriedly.

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Nicholas McNeal:

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