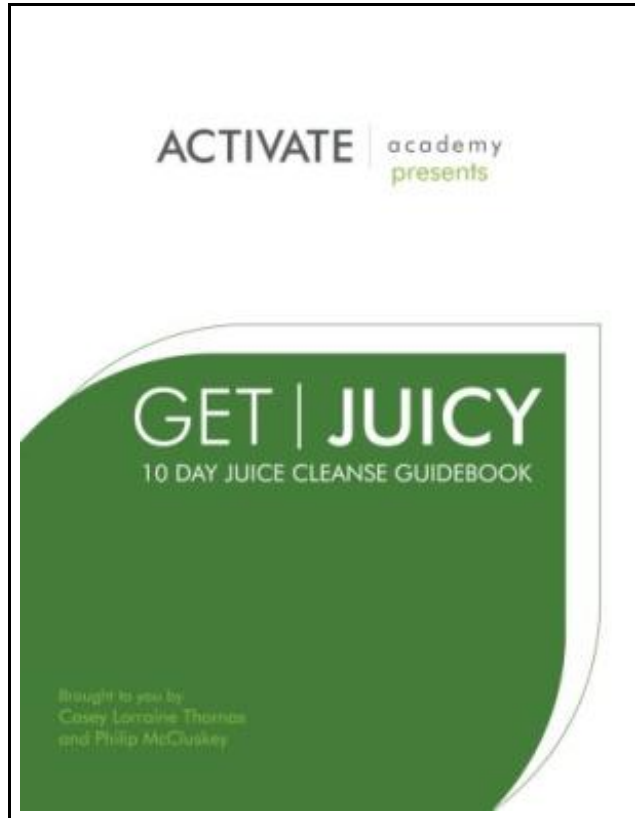# Get Juicy: 10 Day Juice Cleanse Guidebook

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Reviews

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(Derick Brekke)

GET JUICY: 10 DAY JUICE CLEANSE GUIDEBOOK

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Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****.We are thrilled you have committed to improving your body and health with the Get Juicy Guidebook! You will get guidance, how-to information on cleansing, recipes and menu plans for all 10 days of the juice cleanse. We show you how to make it quite, easy, and most of all, fun! ** SEE UPGRADE INFO BELOW ** What is the Get Juicy Detox Cleanse? The Get Juicy 10 Day Detox Juice Cleanse is the ultimate cellular cleansing program, to give you powerful, tangible results, healing and transformation in your body, health and energy, plus mind, emotion and spirit. It was designed to give you the opportunity to cleanse your body in the most pleasurable and effective way possible at the level that is best for you physically, emotionally, mentally, and socially. You will enjoy delicious and abundant fresh vegetable and fruit juices or fresh juices plus raw smoothies and soups to allow your body to cleanse very deeply at a cellular level (BIG HINT: this is where it really matters and where most cleanses get it wrong!). This truly is a cleanse of abundance, a feast of incredible liquids that will nourish and satisfy you. You will not go hungry! Who can benefit from the Get Juicy Cleanse? - Anyone who is feeling sick, fatigued, heavy, and uninspired. - Anyone who is looking to lose excess weight, and trim those love handles. - Anyone who is suffering from cold, or seasonal allergies. - Anyone who wants to overcome emotional eating issues. - Anyone who wants more mental clarity, making multi-tasking easier. - Anyone who wants increased energy, more focus and drive in life. - Anyone who wants to...

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