



Supercharged Juice & Smoothie Recipes: Your Ultra-Healthy Plan for Weight-Loss, Detox, Beauty and More Using Green Vegetables, Powders and Super-Supplements

Christine Bailey

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Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic? Supercharged Juice & Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body.

Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, Bailey uses an array of ingredients including sea vegetables, herbs, teas, and tinctures to help you supercharge your juice regimen. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind.

Bailey (author of The Juice Diet) also provides a handy reference section at the back to help you quickly find recipes to lose weight, maximize energy levels, boost your immunity, combat aging and look amazing. There is even a 3-day power-charged Superfood Juice Diet Plan to set you on your way to looking fabulous as well as feeling great.

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Carole Garner:

Playing with family in a park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Supercharged Juice & Smoothie Recipes: Your Ultra-Healthy Plan for Weight-Loss, Detox, Beauty and More Using Green Vegetables, Powders and Super-Supplements, you can enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Felix Talarico:

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