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## Detox Juices and Smoothies Get Healthy, Lose Weight and Feel Great

By Sarah Green

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Are you unhappy with your current health condition Do you feel tired and lethargic most of the time Do you want to lose weight If you answered yes to any of these questions, chances are you have been living on a high calorie, SAD (Standard American Diet) and badly need a change a natural change! You need to get healthy with fruit and vegetable juices and smoothies. However, juicing is not as simple as you might think. If done wrong, it can actually backfire! You need an expert to hold your hand and walk you through the different stages of juicing; from understanding the basics, to choosing a juicer, to enjoying fresh, nutritious, and healthy fruits and smoothies. Heres a comprehensive guide that will help you: Learn all you need to know about the juicing lifestyle Choose an ideal juicerblender for your kitchen Pick the freshest produce, store and safely prepare it for juicing Make over 40 delicious, highly nutritious juices and smoothies The recipes which all include nutritional information have been carefully chosen to help you fight...



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