



DETOX SMOOTHIES: Lose Weight with Smoothies and Juices

Eliq Maranik

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Detoxing your body while boosting your natural energy has never been more delicious! This book by smoothie expert Eliq Maranik is packed with many healthy recipes and easy step-by-step instructions on how to detox and lose weight with green smoothies. The detoxing power of those natural goodies lies in eliminating toxins from your body, while boosting your metabolism, providing valuable nutrients, and enhancing your body's ability to burn fat effectively.

By the way, you can buy all ingredients at your local grocery store and even your family can benefit from a healthier nutrition. Whether you are a detox-pro or just crave a healthier lifestyle, this book will delight you.

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