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By Julia Gilbert, Jane Johnson

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Cleanse How To Detox Your Body, Lose Weight And Increase Your

Energy With Delicious Green Smoothie. Best Smoothie Cookbook

Are you tired of feeling sluggish, tired, and downright

unhealthy? Would you like to try out a cleanse but you re not

sure how to go about it? Then you should pick up this book on

the detoxifying green smoothie diet! The green smoothie diet

consists of smoothies made with green leafy vegetables and

additional fruits to sweeten them up for your enjoyment. These

smoothies are delicious and amazing for your body, giving you

health benefits that you never thought changing your diet could

give. Detoxifying diets are great for your hair, skin, nails, and

your overall well-being. Here is a preview of what you ll learn:

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