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## Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox)

By Olivia Gonzalez

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## Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss

*(Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox)*

The **juicing detox recipe** smoothie regimen is made up of a **balanced mix** of **natural fruits**, **green leafy vegetables**, **healing tea** and **water** that help you detoxify the toxins stored in the fat cells of your body.

**The most effective weight-loss program should focus on both fat loss and detoxification**--these will ensure your general improved health and wellness.

Some specific natural green smoothies can help heal the body naturally, and, according to Smoothie Nutrition experts, "You will never need to count calories or follow complicated and expensive diet plans again, because your body would acclimatize to healthy natural foods!"

***Follow the 10-Day Green Smoothie Detox Diet Plan:***

7 tips for your 10-day green smoothie cleanse.

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Leon Santiago:The actual book Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox) has a lot of information on it. So when you check out this book you can get a lot of profit. The book was authored by the very famous author. The writer makes some research before write this book. This particular book very easy to read you can find the point easily after scanning this book.

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