



## Smoothies: Smoothies Cleanse - Detox Diet and Lose Weight in a Healthy Way (Paperback)

By Rogan Jones

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn How To Make Healthy Smoothies! Benefits: Improving Your Health And Wellness, Detoxing, Weight Loss And Much More This book will provide you with comprehensive information about smoothie cleanse. Losing weight is a challenge for many people. That is why with each passing day, there is a new diet claiming that it can help you lose weight. Unfortunately, many of these diet plans fall short of the hype they are often associated with. They tend to work for the first few days then after some time, you get to a weight loss plateau where you just cannot seem to move forward towards your weight loss plans. Then you may ask yourself. Why do they fall short of whatever it is they promise when they seem to be very good on paper? Well, while there may be many reasons as to why you may struggle losing weight, it is important to understand that if you want to start losing weight fast, you need to start by detoxifying your body of all toxins. Detoxification helps to eliminate...



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