



# Healthy Juice Recipes: Greens, Detox, Smoothies, For Weight Loss And Healthy Living. ( Green Smoothies)

*John Flake*

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Dear readers, juice and smoothie lovers this is just for you. This is a collection of amazing green smoothies for healthy living, detoxing and energy refueling.

This book provides different juicing to help you to lose weight, detoxify and live a healthier life. These awesome drink targets specific parts of your body such as your skin, bones and eyes!

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- Learn to make your own green smoothies
- Boost your immune system
- Lose weight fast
- Become more energetic
- Improve your brain health

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