

The Rainbow Juice Cleanse: Lose Weight, Boost Energy, and Supercharge Your Health



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Reviews

Basically no phrases to explain. It really is filled with knowledge and wisdom You are going to like how the author create this book.

(Gerald Conn)

THE RAINBOW JUICE CLEANSE: LOSE WEIGHT, BOOST ENERGY, AND SUPERCHARGE YOUR HEALTH

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Running Press. Hardback. Book Condition: new. BRAND NEW, The Rainbow Juice Cleanse: Lose Weight, Boost Energy, and Supercharge Your Health, D. C. Ginger Southhall, The Rainbow Juice Cleanse is a revolutionary program that employs the nutritious, healing properties of a rainbow of vegetables to kick start weight loss and improve overall health. While most juicing books include recipes for high-sugar fruits, Dr. Ginger explains that most fruits can actually ruin a detox for people looking to lose weight or for anyone who has diabetes or blood sugar issues. Instead, Dr. Ginger shows readers how to properly "shop the rainbow" of produce with a plan that entails consuming red, orange, yellow, green, blue, indigo, and violet fresh, raw, organic juices. In just seven days, readers will detoxify their bodies and lose up to seven pounds of fat! Each day of the program focuses on a different color of the rainbow, ensuring the best possible nutrition profile and guaranteeing positive results. By "drinking the rainbow," readers will shed pounds and experience anti-aging, renewed energy, and a better balanced body. Also included are 50 food and juicing recipes and 20 full-color photos.



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