



# Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever!

*Jessica Lee*

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## Juicing for Weight Loss

### How I lost 10 pounds in 4 weeks without starving myself and suffering.

Till date, I've successfully lost more than 20 pounds, even lighter than my pre-pregnancy weight! I no longer have digestive problems like I used to!

You don't need 50, or even 100 juicing recipes, when all you need is a FEW SIMPLE, EFFECTIVE juice recipes to help you lose weight FOREVER... because Jessica Lee is living proof, who has lost more than 20 pounds to date.

Author Jessica Lee struggled with being "chubby" during her teens. After 2 pregnancies, including a twin pregnancy, she couldn't ditch that 30 pounds of weight no matter what she tried - drugs, supplements, exercise, fad diets... in fact she gained more weight than before she started trying!

#### **The 4-Week Juicing for Weight Loss Plan:**

- Why juicing for weight loss works
- is simple to follow
- tells you EXACTLY what juice to drink and WHEN
- helps you EASE into the juicing lifestyle step by step
- gives you a week-by-week juicing schedule
- most importantly... keeps your weight off FOR GOOD.

This plan doesn't require you to starve yourself and go on a so-called "juice cleanse" or "juice fast", whatever they want to call it!), because Jessica has tried them herself and they haven't produced any better results than not doing one at all. So why torture yourself, when you can make the entire **juicing and weight loss** process more enjoyable?!

There is also information on juicing for beginners, as you'll learn how to pick the most suitable juicer for their lifestyle, and not just one that "everyone else is using too."

**You will enjoy this book if you:**

- Are a beginner in juicing, even if weight loss is not your main goal
- Want to juice for health, especially adding more greens to your diet
- Feel overwhelmed by thousands of juicing recipes, and just want a few SIMPLE recipes that WORK

Juicing for Weight Loss is all about YOU. It's not about what other juicing pros say you should or shouldn't do. It's all about YOU embracing the Juicing lifestyle and finally say BYE BYE to those fats.

Remember to grab your BONUS at JuicetoLoseWeight.com!

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#### **Mary Brott:**

Playing with family in the park, coming to see the ocean world or hanging out with close friends is thing that usually you might have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever!, it is possible to enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

#### **Lola Behrendt:**

A number of people said that they feel fed up when they reading a book. They are directly felt that when they get a half areas of the book. You can choose the book Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever! to make your personal reading is interesting. Your own skill of reading expertise is developing when you like reading. Try to choose easy book to make you enjoy to study it and mingle the feeling about book and studying especially. It is to be initially opinion for you to like to open a book and examine it. Beside that the guide Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever! can to be your friend when you're feel alone and confuse with the information must you're doing of their time.

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