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goals, or daily routine--this is a massive book of juicing recipes for every occasion. Free radical-fighting blueberries, nutrient-rich kale, or protein-packed spinach--every fruit and vegetable you can think of pairs up in this juice bible for devoted followers of the juice craze that's sweeping the nation.

## The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight ...

One of these is The Healthy Juicer ' s Bible: Lose Weight, Detoxify, Fight Disease, and Live Long by author Farnoosh Brock, which I will share with you about in this review article. Let juicing be your one true present for yourself starting today. Farnoosh Brock, The Healthy Juicer ' s Bible. About the Author

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