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Blender Recipes: 27 Blender Recipes You Can Make With High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers)





Synopsis

This is a compilation of 2 blender recipes books includes 27 juicing recipes. You can make these juices with a combination of your favorite blender like the Ninja Blender, Nutribullet, Vitamix, or any similar high speed blender and/or your favorite juicer like the Breville juicer or the Green Star Juicer. Juliana will show you how she uses her favorite powerful hi-speed smoothie makers the Nutribullet (you can use any other high speed blender and/or juicer) to tear through radish, kale, cauliflower, zucchinis, asparagus, berries, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries & other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. Juliana keeps healthy nutritious pulp inside the glass. She has the lifestyle of clean drinking and eating down to a science and shows you how you can go into your kitchen, make a high speed blender juicing recipe, clean up and be out in most of the cases in about 5 minutes max. She shows you some amazing recipes that are boosting your immune system, restoring your body's natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing some weight and become lean, burning fat, and many health benefits! Applying all of these recipes in combination with her secret morning elixir (which is included in this compilation), a daily consumption of smoothies, and a light nutritious meal plan, Juliana was able to achieve her health & weight loss goals in a very short time. If you, too, want to replace the common and sick making food options with these delicious juicing drink solutions that are tasty, 5 minute easy to make, and that are going to make your body lean and clean, you owe it to yourself to get into juicing. In the first book, you will discover Juliana's Secret Morning Elixir and all the juicing recipes that she followed during her Juicing Diet. She combined juices with smoothies and a light nutritious daily mealplan, and has been able to lose 40 lbs in a period of two months. In the second book called "Juicing Recipes For Vitality & Health", Juliana shows you how applying a combination of these delicious healthy juicing recipes for vitality and health helped beat her breathing and Asthma problems that she has been suffering from for countless years. Inside you will learn what juicing can do for your own vitality and health. These are just some of the health benefits that come with a daily juicing habit: Vitality Energy Rejuvenation Weight Loss (Juliana lost 40 lbs in two month with a combination of juicing and drinking smoothies) Anti-Aging Beautiful from the Inside Out Antioxidants Alzheimer's Prevention Asthma Help (Juliana suffered from Asthma for many years and was finally able to get rid of it) Blood Cleanse Arthritis Prevention Bone Protection Cancer Prevention Cervical Cancer

PreventionBreast Cancer PreventionColon Cancer PreventionLiver Cancer PreventionLung Cancer PreventionProstate Cancer PreventionCataracts PreventionOvarian Cancer PreventionStomach Cancer PreventionDigestionDetoxificationDigestionHeart Disease PreventionImmune SystemImproving EyesightImproved ComplexionIncreased Blood CirculationKidney CleanseIncreased LibidoLiver CleanseLower Blood PressureLower CholesterolMacular Degeneration PreventionMental HealthPain ReliefReduce InflammationStroke Preventionand an unlimited amount of other health benefits!Juicing is a simple to acquire skill and if you turn this skill into a habit, you will be able to live a healthy, fit, clean, lean, toxin-free and vital life from the inside out and for a very long time. Keep the doctor away & Double Your Life Today...

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Customer Reviews

I am a fan of Juliana Baldec's recipes and these are delicious and healthy. I have been achieving great results by following these fast juicing recipes! thanks for the great morning elixir this is boosting my results.

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