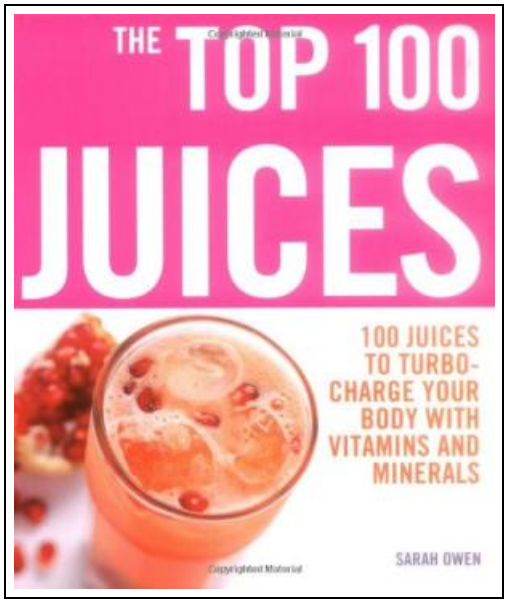
# The Top 100 Juices: 100 Juices to Turbo-charge Your Body with Vitamins and Minerals

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# THE TOP 100 JUICES: 100 JUICES TO TURBO-CHARGE YOUR BODY WITH VITAMINS AND MINERALS

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Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Juices: 100 Juices to Turbo-charge Your Body with Vitamins and Minerals, Sarah Owen, Do you feel overweight? Tired? Stressed-out? The remedy could be in a simple glass of juice. Jam-packed with nutrients, juices and smoothies possess amazing therapeutic properties, which help with detoxifying, energizing, immunity-boosting and stress-relieving, and can enable you to lose weight, protect against the effects of ageing, and enhance your energy and vitality. This collection incorporates everything from the humble apple to more exotic ingredients such as goji berry. Each entry gives the low-down on the health benefits of a particular juice, as well as nutritional information, practical tips and, of course, a perfect recipe - from the age-defying apple, blackcurrant and acai berry juice to the stress-relieving banana, coconut milk and lemongrass smoothie, you'll discover new and exciting ways to enjoy the wonderful advantages of juicing.

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