



# Juicer Recipes For Different Juicers: 2015 Guide to Juicing and Smoothies

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Whether you are looking to improve your current health, or, looking to build on an existing, healthy, lifestyle, juicing is a fantastic way to go for both. While, it can be quite intimidating, juicing has fantastic benefits such as: clearer skin, better eyesight, and a more effective way to ensure proper ingestion of your daily fruit and vegetable quota. By investing in something, like a three book set of juicing recipes, you can avoid the hours of endless internet searching and trial and error recipes. If investing in your health is a priority ,then, invest in this invaluable book set.

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