



The Juice Diet: Lose Weight*Detox*Tone Up*Stay Slim & Healthy

Christine Bailey

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Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural beauty. *The Juice Diet* offers more than 100 mouthwatering juice and smoothie recipes divided into three simple yet super-effective diet plans : Juice Blitz (quick weekend startup), Juice Week (one-week plan), and Juicing for Life (a month-long schedule). Additional chapters cover juicing for beauty, energy, and immunity, providing the perfect balance to bring out the body's true potential.

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