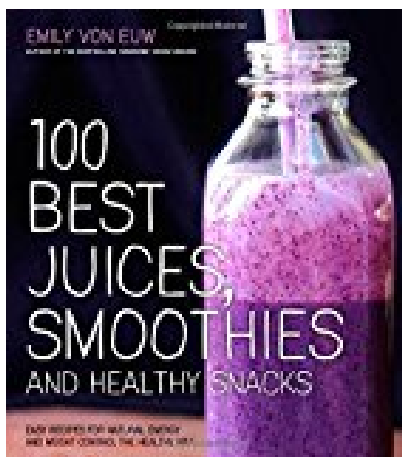


# 100 Best Juices Smoothies and Healthy Snacks Easy Recipes For Natural Energy & Weight Control the Healthy Way

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## BOOK DETAILS

- Author : Emily von Euw
- Pages : 208 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 1624140912

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## BOOK SYNOPSIS

Provides a collection of recipes for juices and smoothies and discusses their health benefits which include boosting the immune system, increasing the metabolism, detoxing the body, and promoting weight loss by serving as meal substitutes.

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