



# Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever!

*Jessica Lee*

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## Juicing for Weight Loss

### How I lost 10 pounds in 4 weeks without starving myself and suffering.

Till date, I've successfully lost more than 20 pounds, even lighter than my pre-pregnancy weight! I no longer have digestive problems like I used to!

You don't need 50, or even 100 juicing recipes, when all you need is a FEW SIMPLE, EFFECTIVE juice recipes to help you lose weight FOREVER... because Jessica Lee is living proof, who has lost more than 20 pounds to date.

Author Jessica Lee struggled with being "chubby" during her teens. After 2 pregnancies, including a twin pregnancy, she couldn't ditch that 30 pounds of weight no matter what she tried - drugs, supplements, exercise, fad diets... in fact she gained more weight than before she started trying!

#### **The 4-Week Juicing for Weight Loss Plan:**

- Why juicing for weight loss works
- is simple to follow
- tells you EXACTLY what juice to drink and WHEN
- helps you EASE into the juicing lifestyle step by step
- gives you a week-by-week juicing schedule
- most importantly... keeps your weight off FOR GOOD.

This plan doesn't require you to starve yourself and go on a so-called "juice cleanse" or "juice fast", whatever they want to call it!), because Jessica has tried them herself and they haven't produced any better results than not doing one at all. So why torture yourself, when you can make the entire **juicing and weight loss** process more enjoyable?!

There is also information on juicing for beginners, as you'll learn how to pick the most suitable juicer for their lifestyle, and not just one that "everyone else is using too."

**You will enjoy this book if you:**

- Are a beginner in juicing, even if weight loss is not your main goal
- Want to juice for health, especially adding more greens to your diet
- Feel overwhelmed by thousands of juicing recipes, and just want a few **SIMPLE** recipes that **WORK**

Juicing for Weight Loss is all about **YOU**. It's not about what other juicing pros say you should or shouldn't do. It's all about **YOU** embracing the Juicing lifestyle and finally say **BYE BYE** to those fats.

Remember to grab your **BONUS** at [JuicetoLoseWeight.com](http://JuicetoLoseWeight.com)!

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Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a publication. Beside you can solve your condition; you can add your knowledge by the book entitled Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever!. Try to make the book Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever! as your friend. It means that it can to be your friend when you really feel alone and beside those of course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know everything by the book. So , let's make new experience along with knowledge with this book.

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#### **Audra Yoder:**

Is it you actually who having spare time and then spend it whole day by means of watching television programs or just resting on the bed? Do you need something new? This Juicing for Weight Loss: A Simple 4-Week Plan to Finally Ditch the Pounds Forever! can be the answer, oh how comes? A fresh book you know. You are therefore out of date, spending your extra time by reading in this new era is common not a geek activity. So what these books have than the others?

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