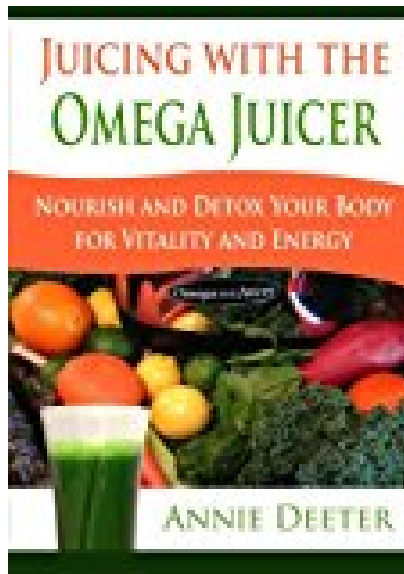


# Juicing with the Omega Juicer Nourish and Detox Your Body for Vitality and Energy

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## BOOK DETAILS

- Author : Annie Deeter
- Pages : 156 Pages
- Publisher : Speedy Publishing LLC
- Language : English
- ISBN : 1939643767

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## **BOOK SYNOPSIS**

Juicing with the Omega Juicer - Nourish and Detox Your Body for Health and Vitality is a comprehensive guide to using your Omega Juicer for increased health and nutrition. Covering everything from different types of juicers, and the benefits of masticating juicers to sections on managing your juicing budget, setting a schedule, proper storage of fresh juices and more. This guide provides everything you need to know to be on your way to a successful juicing plan with your Omega juicer. The book includes an in-depth juicing ingredients reference section detailing the specific nutrient content and health benefits of some 50 juicing ingredients. There is even a section on newbie juicer mistakes as well as tips for care and maintenance of your juicer. Written in a light, humorous and conversational style, you will find this an easy and enjoyable read as you learn the tricks and techniques to master successful juicing.

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