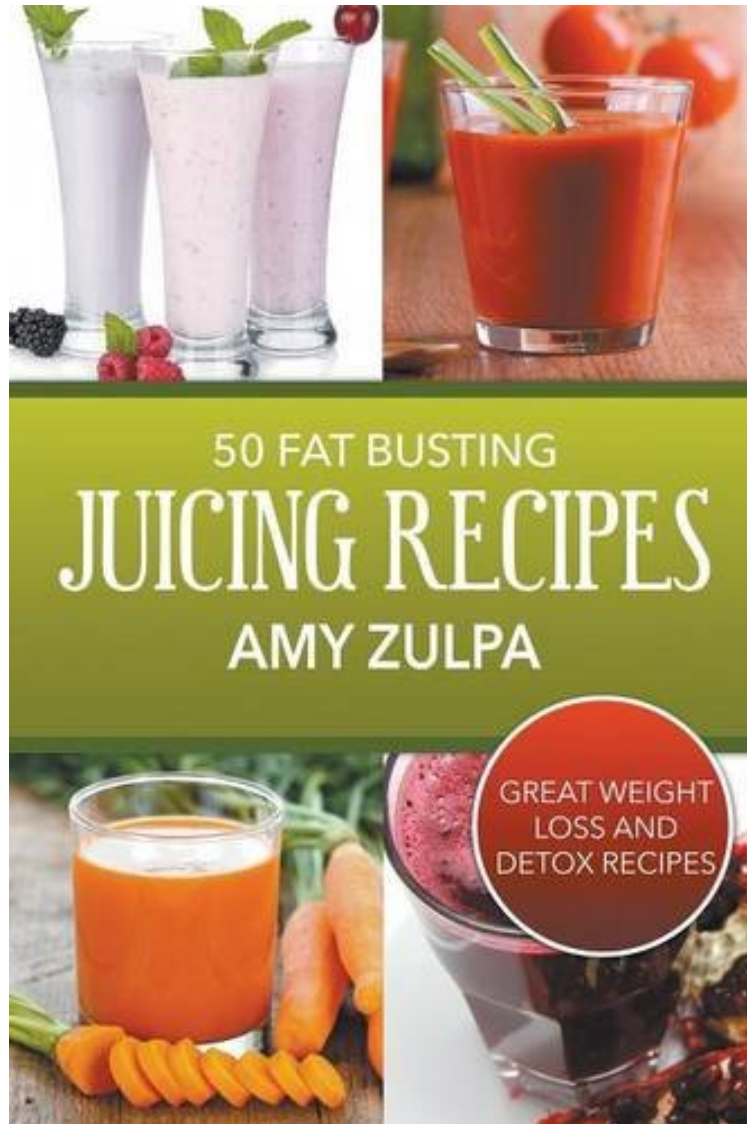


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If you are looking for a great solution that will not only help you to lose weight but also to make the transition to a better way of eating, then you must get a copy of "50 Fat Busting Juicing Recipes." This book provides you with all the information you need to understand exactly what juicing is, and to be able to start using the process. Instead of opting for junk foods you can simply have some nutritious juice. Contrary to popular belief, a glass of well made juice is extremely filling, and can help to minimize the cravings that so many people seem to have every day. If you have heard talk about juicing, you might find yourself wondering if it is something you should be looking into... but are afraid that it will take a lot of work or cost a lot of money. Neither is true. And once you learn what it is all about, you may well get more than just a little interested!