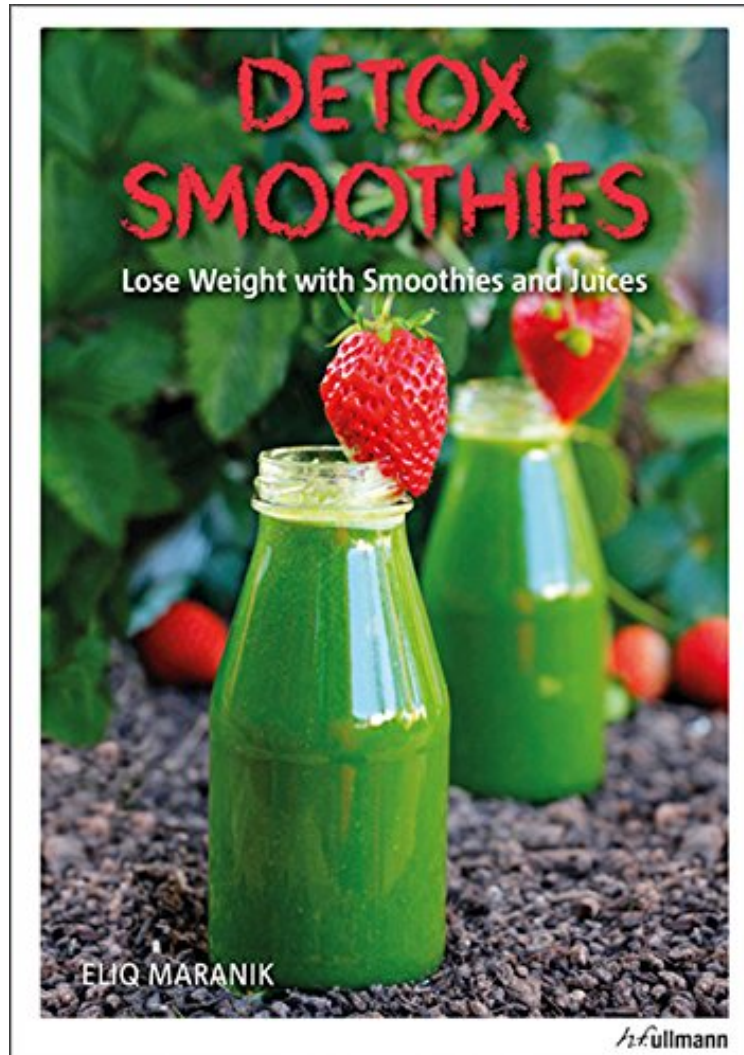


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Detox Smoothies: Lose Weight with Smoothies and Juices

Eliq Maranik

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Eliq Maranik : Detox Smoothies: Lose Weight with Smoothies and Juices before purchasing it in order to gauge whether or not it would be worth my time, and all praised Detox Smoothies: Lose Weight with Smoothies and Juices:

Detoxing your body while boosting your natural energy has never been more delicious! This book by smoothie expert Eliq Maranik is packed with many healthy recipes and easy step-by-step instructions on how to detox and lose weight with smoothies and juices. The detoxing power of those natural goodies lies within the leaching out of fattening toxins from your body, while boosting your metabolism, taking in valuable nutrients, and burning fat more effectively. By

the way, you can buy all ingredients at your local grocery store and even your family can benefit from a healthier nutrition. Whether you are a detox-pro or just crave a healthier lifestyle, this book will be a delight for you.

About the Author Eliq Maranik worked in gastronomy before starting as a freelance Art Director for book production and has then specialized in high-quality cookbooks. Her first book, Cocktails, made it to the bestselling list in Sweden upon publication, and was awarded the Gourmand Cookbook Award as the best cocktail book in her home country. She has authored many books on culinary topics since then, thus gaining broad international recognition.