



The Rainbow Juice Cleanse: Lose Weight, Boost Energy, and Supercharge Your Health

D.C. Ginger Southall

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The Rainbow Juice Cleanse is a revolutionary program that employs the nutritious, healing properties of a rainbow of vegetables to kick start weight loss and improve overall health. While most juicing books include recipes for high-sugar fruits, Dr. Ginger explains that most fruits can actually ruin a detox for people looking to lose weight or for anyone who has diabetes or blood sugar issues. Instead, Dr. Ginger shows readers how to properly “shop the rainbow” of produce with a plan that entails consuming red, orange, yellow, green, blue, indigo, and violet fresh, raw, organic juices.

In just seven days, readers will detoxify their bodies and lose up to seven pounds of fat! Each day of the program focuses on a different color of the rainbow, ensuring the best possible nutrition profile and guaranteeing positive results. By “drinking the rainbow,” readers will shed pounds and experience anti-aging, renewed energy, and a better balanced body. Also included are 50 food and juicing recipes and 20 full-color photos.

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Angela Souther:

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Jessica Harris:

A lot of people always spent their particular free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read a book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day long to reading a publication. The book The Rainbow Juice Cleanse: Lose Weight, Boost Energy, and Supercharge Your Health it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. If you did not have enough space to develop this book you can buy often the e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book provides high quality.

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