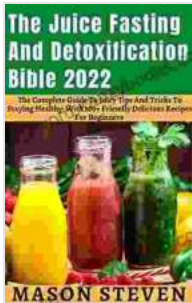


The Complete Guide to Juicy Tips and Tricks to Staying Healthy



The Juice Fasting And Detoxification Bible 2024: The Complete Guide To Juicy Tips And Tricks To Staying Healthy: With 100+ Friendly Delicious Recipes For Beginners by Michael Owens

★★★★★ 5 out of 5

Language : English
File size : 422 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 57 pages
Lending : Enabled



In today's fast-paced world, it can be hard to stay healthy. But it doesn't have to be! This book is packed with juicy tips and tricks to help you live a long and healthy life.

What you'll learn in this book:

- The importance of eating a healthy diet
- How to exercise safely and effectively
- The benefits of getting enough sleep
- How to manage stress
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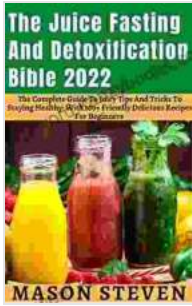
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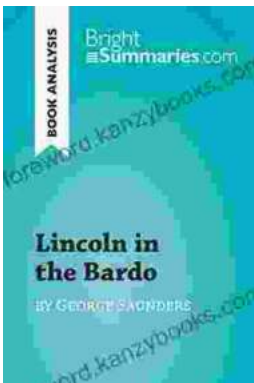
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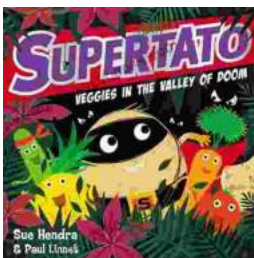
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