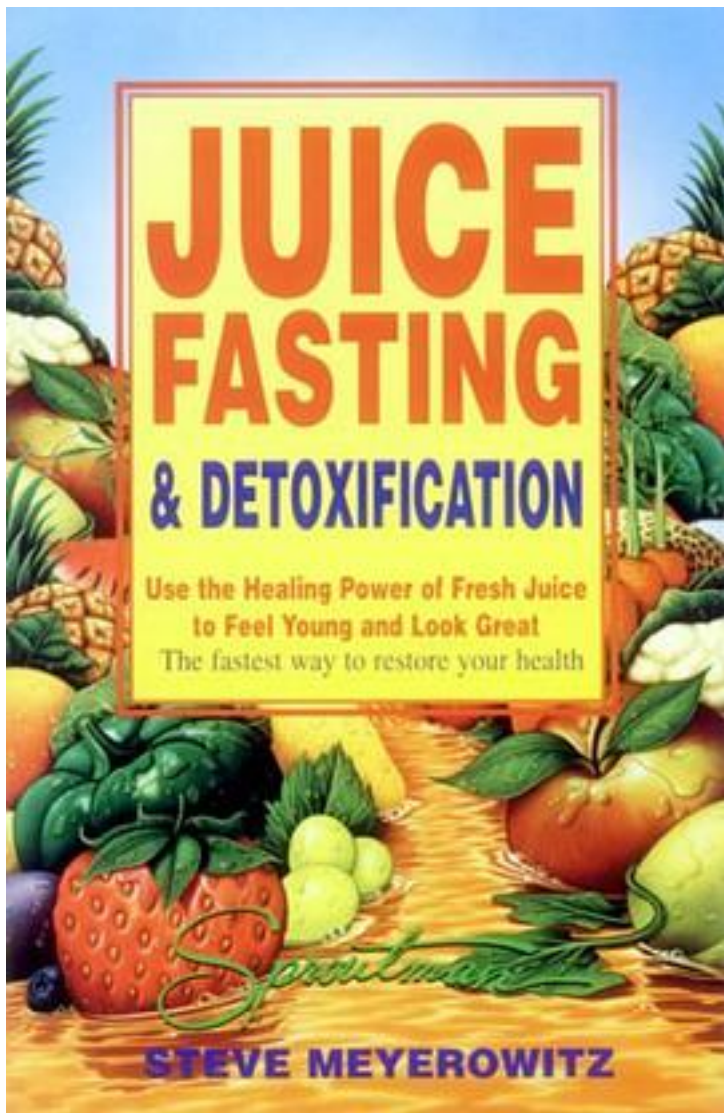


Juice Fasting and Detoxification



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著者:Steve Meyerowitz

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This is one of the best-selling books on juice-fasting on the market. Discover why fasting is self-healing and how simple it is to do. Sections include fasting on raw fruit & vegetable juices; water fasts; detoxification; weight loss techniques; fasting while working; juice recipes; exercises; and how to come off a fast safely.

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