



# Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes

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It is important for people to be healthy. A boxed set of three books on detox cleanses and juicing can help people to be able to effectively rid their bodies of toxins. People who do this are able to lose weight because the body becomes much healthier. Each item that is consumed on a daily basis has to be broken down. This can mean that people are exposed to chemicals, toxins, metals and other materials that can be harmful. The books provide step by step instructions on how to get started. This can help people select the right methods in which to cleanse their bodies to achieve weight loss goals.

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