



# **A Guide to Juicing, Raw Foods & Superfoods: Eat a Healthy Diet & Lose Weight- The Reluctant Vegetarians**

*Geoff Wells, Vicky Wells*

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*A Guide to Juicing, Raw Foods & Superfoods* is a compendium of information that not only highlights the amazing benefits of adding juicing, raw foods and Superfoods to your diet, it also includes over 30 delicious and easy to follow recipes.

It is the first step on your journey to finding the best options for a healthy lifestyle. The authors, Geoff and Vicky Wells, have already begun this journey and are seeing some remarkable results. They are aware that there is an ever-increasing group of people who are looking for natural solutions to their health problems and have sought to provide a number of solutions from their own experiences.

The methods are presented in a way that can be easily understood and implemented by anyone. The items that are recommended can easily be found in any local farmers market or grocery store and, if your shopping is properly planned, it will not put a strain on your grocery budget.

Both the information and tasty recipes in this audiobook are a must-have for any individual who wants to achieve optimal health. It also serves as a reference for those who are just beginning to research the benefits of a juicing, raw foods and Superfoods diet. Now is always the best time to begin your journey to a fitter, longer, healthier life.

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