



# **Green Juice & Smoothie Benefits with Recipes: Start Losing Weight and Detoxify Your Body for a Healthy Living**

*Melina Rojo*

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Enroll in a greener lifestyle and add a few more healthy years to your life. Enjoy several recipes to help you get into a holistic lifestyle, learn about the benefits of green juices and how they can improve your health with just a few simple changes in your diet. If your goal is to lose weight and keep some pounds off, then you definitely need to start those changes by using this guide.

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