



# **Juice Fasting For Weight Loss: 3-Day Detox Plan For Rapid Weight Loss, Increased Metabolism, Intense Detoxification And Mega Energy Bursts**

*Liz Swann Miller*

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## **Jump-Start Your Weight Loss and Reap Incredible Health Benefits with this Simple, Effective Three-Day Juice Fast!**

Are you tired of carrying extra weight, wearing clothes that don't really appeal to your fashion sense, and worrying over the fact that you may soon suffer from some of the many health problems associated with obesity?

For millennia, people have fasted to purify their bodies and minds; today, juice fasting is hailed as one of the most popular and most effective methods for losing weight and regaining health. People from all walks of life, including many celebrities, have benefited from juice fasts – and now, you can do the same.

## **Start Losing Weight and Change Your Life!**

Bestselling author and licensed naturopath Liz Swann has been enjoying the powerful health benefits that come with juicing and juice fasts for many years. You may be familiar with her wonderful books on natural health, and perhaps you have enjoyed some of her many delicious recipes for green juices and green smoothies.

While some books on juice fasting provide information only about the fasts themselves, Liz takes it a step further by providing details on how to prepare for a juice fast, as well as how to safely break a juice fast.

In addition, you'll learn how to eat after your fast so that the detoxification and weight loss benefits you enjoy continue to accumulate. The goal isn't just weight loss, but achieving – and then maintaining – complete physical, spiritual, mental, and emotional well-being.

In each chapter of this easy-to-follow book, you will find practical advice for making your juice fast as easy and effective as possible.

You'll learn how to prepare your body for fasting, plus you'll learn how to prepare your home so that it feels like a peaceful spa or sanctuary.

No matter how much weight you have to lose, and no matter how many diets have left you feeling unfulfilled in the past, you'll find that this short, easy juice fast helps you achieve the results you long for.

## **In this book, Elizabeth also discusses:**

***How juice fasting works.*** By eliminating harmful processed foods and fatty animal products, you begin to feed your body at a cellular level, nourishing yourself perfectly while jump-starting weight loss.

*Detoxification methods* that help the body eliminate chemicals and other harmful substances while you lose weight.

*Methods for revealing the real reasons you are overweight.* For most of us, food is only part of the problem. Using a series of introspective exercises, you will determine what stressors and what past events have led to overeating and emotional eating. These exercises are fun and simple – and they’ll ultimately help you keep weight off once you’ve lost it.

*And much, much more!*

## **Special Bonus Inside!**

Get instant access to Elizabeth’s online email course “**10 Days To Everlasting Health**” which is currently selling for \$17, but you get it for **FREE** when you purchase this book.

Get the most out of this powerful Juice Fast and embark on a great adventure to discover how Juicing can help you obtain essential physical and mental health benefits. Are you ready? Then scroll to the top of this page and pick up your copy today!

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