



# Juice Fasting: Reboot Your Body

*Rheba Estante*

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## **Juice Fasting: Reboot Your Body** Rheba Estante

Juice fasting has become a leading fad in the health world as a way to lose weight, detox your body, and reach a new level of spirituality. This eBook introduces readers to reasons for juice fasting, different types of fasts, and provides personal testimonials and professional advice on important juice fasting topics. A great introduction to all juice fasting issues, *Juice Fasting: Reboot Your Body* will provide you with the information you need in order to choose the best juice plan for you and directs readers to the best websites and articles for supplementary reading.

## **CHAPTER OUTLINE**

- Chapter 1: Introduction to Juice Fasting
  - Juice Fasting: An Overview
- Chapter 2: Why You Should Or Should Not Juice
  - Is Juice Fasting For You?
  - Who Should Not Fast?
  - So who should fast?
  - Juice Fasting Testimonials
- Chapter 3: Different Types of Juice Fasts
  - Variety Of Juice Fasts
- Chapter 4: How to Fast
  - Juice Fasting Step-by-Step
- Chapter 5: Effects on the Human Body
  - Health Benefits Of Juice Fasting
- Chapter 6: Juice Fasting for Weight Loss
  - Lose Weight With Juice Fasting
- Chapter 7: Side Effects of Juice Fasting
  - Side Effects: The Good And The Bad
- Chapter 8: Juice Fast Recipes
  - The Best Juice Recipes
- Chapter 9: Recommended Blogs and Fasting Stories
  - Additional Resources
- Chapter 10: Recommended Products
  - Devices For Juice Fasting
- Juice Fasting: Reboot Your Body

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#### **John Charles:**

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