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You'll also receive Brendan's latest book - "The Jump Start Juice Kids Korner for FREE!!! Everything you need to know about Juicing for Kids is now packed into this Special eBook. Asparagus has a surprisingly high amount of protein with an added powerhouse of vitamins and minerals. Just 53 calories (10 oz) contain 9g of protein, 119% of your daily need of vitamin C, 9% of iron and 47% of calcium. Crisp, refreshing and oh-so-good-for-you, this super-green spin on lemonade might just be the best thing you can put in your body. I've been drinking it every day for the past week and have noticed a visible improvement in my skin, mood, and energy levels. At Home Detox Juicing Plan Detox Island Tropical Smoothie Detox Teas Cons The Best One Day Cleanse Or Detox Cleanse Detox Smoothie To shed a few pounds and regain the flat stomach of youth everyone thinks the fact is a involving on-the-floor tummy crunches, hours on the treadmill because abdominal moves., Everything Juicing Book Delicious Everything Ebook.

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