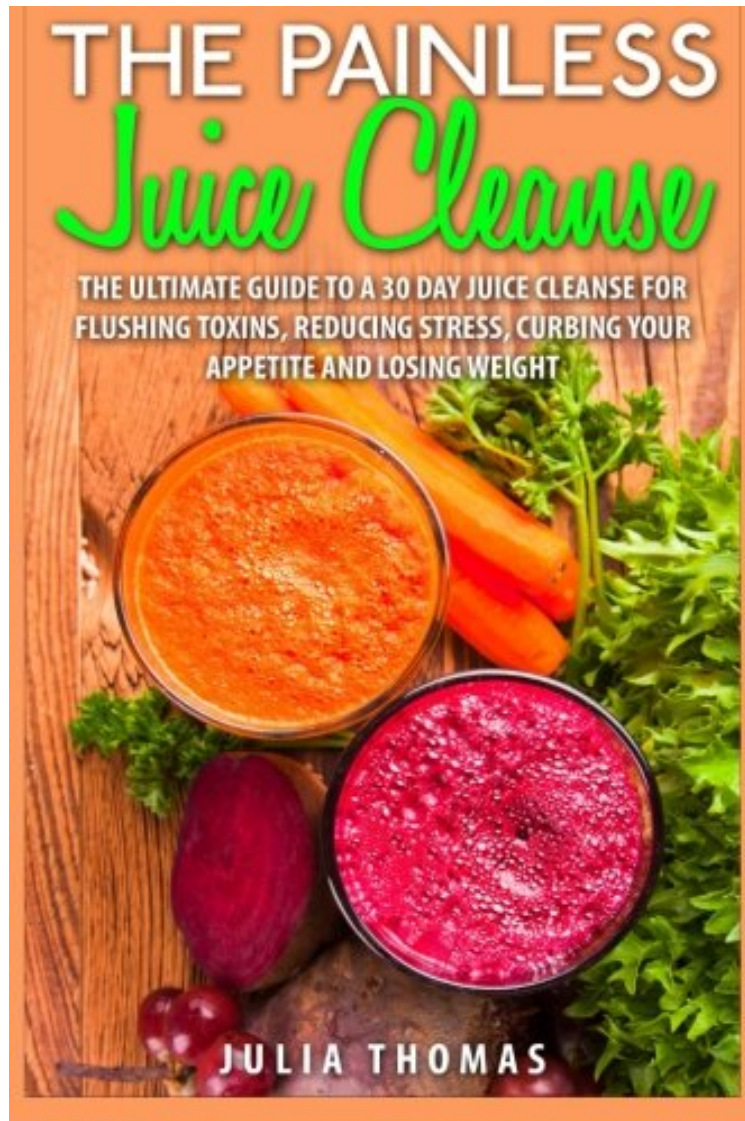


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## The Painless Juice Cleanse: The Ultimate Guide to a 30 Day Juice Cleanse for Flushing Toxins, Reducing Stress, Curbing Your Appetite and Losing Weight

*Julia Thomas*

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The Easiest and Best Tasting Detox Around One of the top benefits of going through a detox program, such as the 30 Day Green Smoothie Diet, is that you will notice a significant increase in the amount of energy that you will have throughout the day. Feeling energetic is one of several natural methods that we can use to overcome depression and boost self-confidence. Many people look to the Green Smoothie Detox Diet to help lose weight. They discover that they are also adding nutrients to their body that they were probably not getting before they started the Detox Diet. You might notice a boost in your lymphatic system and an increase in Vitamin C and other necessary vitamin nutrients. Your mental capacity will be sharper, and your thinking will be clearer. Next to your mental status, your breath will smell better, gums and teeth will be healthier, and your skin will have a healthy glow.

About the AuthorJulia Thomas (Oklahoma) is a graduate of Northeastern State University and an educator. She is married to Will Thomas, author of the Barker and Llewelyn mystery series (Minotaur Books). The English Boys is her debut novel.