



La Dieta de Los Zumos

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La Dieta de Los Zumos

Christine Bailey

La Dieta de Los Zumos Christine Bailey

Have you woken up feeling sluggish, bloated, and overweight? Are you tired of calorie-counting, low-GI, or low-carb diets? Have you lost the motivation to tone up and lose weight? It's all too easy to reach for a breakfast full of sugar and fat, as well as additives and preservatives, and then grab a similarly unhealthy lunch and dinner. With more than 100 juices and smoothies, divided amongst chapters on Juice Blitz, Juice Week, Juicing for Life, Beauty Juices, Energy Juices, and Immunity Juices, this book offers an easy and delicious way to achieve your body's true potential.

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160 pages

About the Author

Christine Bailey is a qualified nutritionist and food and health consultant who teaches chef and cookery classes. A member of the Guild of Health Writers, she writes for numerous health and food magazines and is the author of "The Top 100 Low-Salt Recipes" and "The Top 100 Recipes for Brainy Kids." Christine runs courses and workshops, advises local authorities and schools, and works with a number of charities and organizations, including the World Cancer Research Fund UK.

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