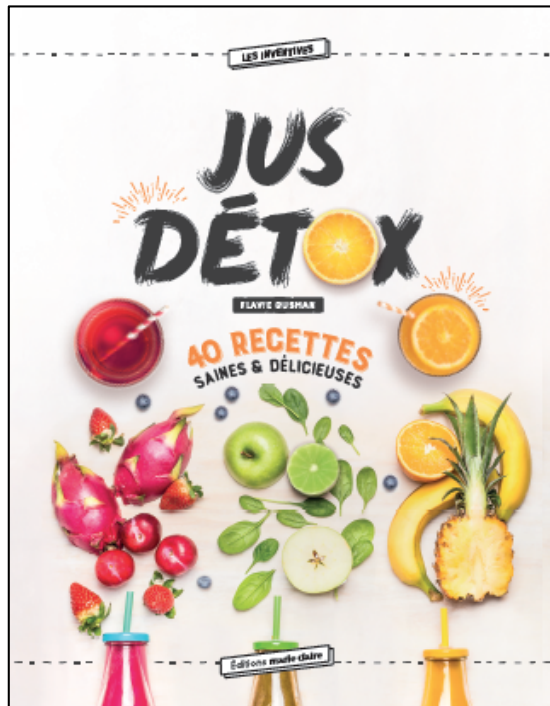


Detox Juices

40 healthy and delicious recipes

February 2017



Synopsis:

You have probably noticed that detox is very fashionable at the moment. People want to change their habits and have a healthier alimentation. This book will give readers advice on how to change and adapt their diet.

They will find in this book a general introduction on detox with many information, and then no less than 40 recipes of juices, waters and smoothies.

For each recipe, some tips from the author are also available, for example to have a more energized beverage.

They will find recipes of beverages for digestion, boost, radiant complexion, drainage, relaxation, etc.

The Author:

Flavie Gusman is a dietician and a nutritionist specialized in dietary behaviours. She shares her time between her patients, her dietetic workshops and redaction of articles on nutrition. She lives in Paris.

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