



## Detox Smoothies: Detox, Cleanse, Boost Metabolism & Burn Fat

By Avery Scott

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**Detox Smoothies: Detox, Cleanse, Boost Metabolism & Burn Fat** By Avery Scott

Detoxing your body with delicious detox smoothies is a great way to help restore the valuable nutrients that your body is really craving, removing toxins while giving your digestive system a break from having to break down and digest food. Since the liver is the most important detoxifying organ in the body, it makes sense to drink fruits and vegetables to help it function at its best by not putting too much strain on it.

This book provides recipes of some of the most powerful detox smoothies which can be incorporated into any detox program that you're following, or just simply enjoyed for their health benefits.

The potent combinations of detoxifying and healing properties that will remove fattening toxins from your body, boosting your metabolism and allowing your body to burn fat more effectively.

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## **Detox Smoothies: Detox, Cleanse, Boost Metabolism & Burn Fat** By Avery Scott Bibliography

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