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How To Juice Wheatgrass: The Ultimate Guide To Juicing Wheatgrass For Health And Nutrition

Amanda Miller

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Discover The Secret To Juicing Wheatgrass, The Key To Health And Wellness!

Our society is being poisoned by fast food, over processed products and sugar-infused junk. More than a third of American adults are categorized as obese and suffer from related conditions such as heart disease, stroke, type 2 diabetes and cancer. These are the leading causes of preventable death.

An estimated $147 billion are spent annually to cover medical costs as a result of unhealthy eating. Many people believe that being healthy is expensive, difficult and the food just doesn't taste good.

In this book you will discover a healthy way of living through the joys of juicing and the amazing properties of wheatgrass.

This superfood is taking the world over and with just a small shot a day; you'll be healthier, happier and bursting with energy! You don't need to spend money or waste time seeking out an organic health store, in this book you'll learn step-by-step how to grow and juice your own wheatgrass from the comfort of your home.

It's cheap, effective, will eliminate disease and extend your life.

Here's what you'll learn:

- What is wheatgrass and what does it do?
- The benefits of wheatgrass and how it will help you.
- Key preparations to juicing your own wheatgrass.
- The blender method so easy, fast wheatgrass juice.
- The juicer method to ensure you receive every last drop of nutrients.
- The pestle and mortar method to get the most out of this superfood.
- 8 delicious wheatgrass juice recipes.
- The 5-step method of growing your own wheatgrass.
- How to prevent mold and get the freshest blades.
- How to join the juicing lifestyle so you can enjoy your life to the fullest.

And much more!

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Leesa Banta:

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