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Mar 16, 2013 Juice fasting can be a wonderful experience if it is done right, and a lot of research is involved before you can even start. Lose 9 pounds in 14 days;

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Oct 25, 2014 DISCLAIMER: I am not a nutritionist. These are my personal experiences/results as well as my own research conducted over 2 years. Programme emails will be

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Weight Loss Results I agree with the answer below. Fasting can be dangerous if your body isn't given proper nutrients. There is, however, an exception.

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### **The beginner s guide to juice fasting - living**

May 20, 2012 In May, I did a 30 day juice fast. It started out as 10 days, but by day 7, I knew I could easily do 30. I lost 30lb on that fast, and learned a lot.

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Apr 13, 2015 Four years ago an actress friend of mine went on a juice fast. Her observations? The drinks were nasty, but she lost a bunch of weight and did, in fact

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Apr 30, 2013 Best Answer: I watched the documentary Fat, Sick & Nearly Dead two years ago, and it changed my life! I think you can find it for free online (it's also on

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Mar 12, 2009 I did a 3 day juice fast the week before my husband returned from Iraq and lost about 10 pounds. However, I was drinking juice with vitamins, minerals, and

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Okay, so I sorta like this aspect of juice fasting. Weight loss is a big reason why many people do a juice fast. I didn't need to lose weight,

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I had lost three pounds at this point and Eric had lost six. 10 Day Juice Fast: Is Juicing Good for You. Topic: Nutrition. See more about: nutrition,

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That s exactly how I felt until a few months ago, when I tried a juice fast to lose weight. How much weight can you lose during a Juice Fast?

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