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The Juice Yourself Slim - Juicing Course is not a crash diet and nor is it designed to put the focus on weight loss. This course is designed with perfect cleansing nutrition in mind. This is literally a life changing course, with great personal benefit, whatever your relationship with food in your life so far.

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Diet #18, Juice Yourself Slim The Jenny Craig food is being delivered on Monday, and I need a consultation on Tuesday before I can begin - for any normal person, this would be a good excuse to put off dieting for another week.

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A juice yourself slim plan can support your fat burning and weight loss goals in a number of ways including reducing cravings, jump starting your metabolism, saturating your cells with bio-available nutrients, supporting your body ' s natural fat burning processes, flushing toxins stored in your fat cells, and reducing acidity in your body.

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