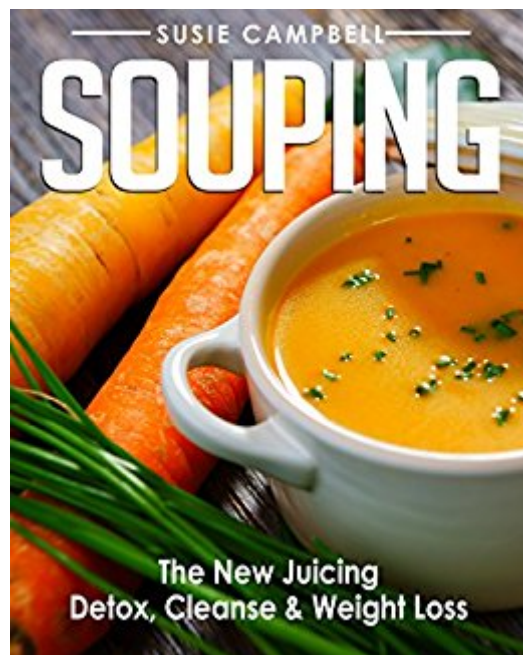


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# Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping)



## Synopsis

Embrace the Convenient, Healing Power of Souping!— 2nd Edition Updated 3/29/2016 —How does souping improve on juicing? What can it do for you “ and your body?Read Souping: The New Juicing - Detox, Cleanse & Weight Loss for FREE on Kindle Unlimited - Order Now!With Souping: The New Juicing - Detox, Cleanse & Weight Loss, you'll learn to nourish your body with the benefits of a liquid diet without having to endure day-after-day of smoothies, get into today's best new health trend - souping!Did you know?Soup has less sugar than juice, Souping doesn't require any expensive equipment like juicers, Soup is convenient and easy-to-store, It's easier to stick to a souping diet than a juice cleanse, You can load up your soups with a vast array of veggies, herbs, spices, and broths!Souping lets you lose weight and heal your body - without hunger!Souping: The New Juicing - Detox, Cleanse & Weight Loss offers a huge variety of delicious souping recipes for amazing health benefits. You'll love to try Creamy Vegan Cauliflower Soup with Kale Garlic Drizzle, Red Pepper and Edamame Soup, and Tortellini in Brodo!Hurry! Download Souping: The New Juicing - Detox, Cleanse & Weight Loss right away! Just scroll to the top of the page and select the Buy Button.Download Your Copy TODAY!

## Book Information

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## Customer Reviews

This book offers me a habit of souping to nourish my body with the benefits of a liquid diet. It provides me with everything needed to start souping. There is also an enriched collection of delicious souping recipes to help me with getting amazing health benefits. I liked this recipes because it demands low cost equipment and I can load up my soup with veggies, herbs, spices and broths. I recommend this book to go with souping.

This book is an awesome book with a lot of information about weight loss. You will know about detox in this book. A number of healthy diets are given in this book which will help you to get the perfect body that youâ™ve always wanted. Souping is a great way to lose weight and this book has all the information about souping diets. Itâ™s very easy and healthy for you. You can add a lot of healthy things in your soup everyday. So I highly recommend this book to those who really want to lose their weight and get a healthy life.

I highly recommend this book. This books provides many recipes and dishes that one can prepare. Souping is a satisfying and delicious way to cleanse and infuse our body with tons of nutrients without the cold, impersonal method of drinking down cold juices. This book have stated the benefits of Souping which are, It has less sugar than juicing, no special equipment, and soup is so easy to store. Soups are also an essential key component of any weight loss journey. What I like the most about this book is the fact that it is very informative. There are many mindfulness books out there that are full of fluff, but this book isn't one of them. It gives you clear meaning and importance of Souping.

If you're like me, dreading the idea of doing a doing one of these modern vegetables cleanses drinking liquid kale for a week, you'll find relief in the concept of souping! In short, keep the healthy, and throw into some more 'soupy' things, to simply make it more realistically appealing (no, none of us have ever dreamed of a Michelin-star kale juice). Great little handbook on how to make all this more edible, followed by ready-to follow recipes to put it all into action. If you've ever felt you needed to eat more vegetables, this book is for you!

Juice cleanses and internal detoxification is a hot topic in this day and age. There are many arguments amongst health experts on the topic. Some preach that juicing with vegetables is the way to go, others argue to juice with only fruits. In this read you will learn about a completely different

juicing method which is souping. Souping is a more pleasant way to fast, or cleanse by chugging down warm soup as opposed to cold/raw drinks. How is this done? Consume a bunch of cooked vegetable soups for several days and you have cleansed your bowels. The best part of soup juicing is that it does not require an expensive juicer and is far less time consuming. And yes, soup cleansing is less challenging than juicing on raw fruit juice or vegetable juices.

Souping: The New Juicing.. Wow, this is such an interesting book. I got attracted to this book when I saw the description: "Embrace the Convenient, Healing Power of Souping!" This is such a welcome thought for me. Anything that will help me detoxify and cleanse, in an easy way too, is always something I look forward to. So instead of smoothies and juicing, Souping is another way to stay healthy and fit. This book was able to explain a lot about it. And it has given me so many ideas on how I can include and enjoy "a vast array of veggies, herbs, spices, and broths!" This book is it!

Souping is a satisfying and delicious way to cleanse and infuse your body with tons of nutrients without the cold. This eBook will provide you a better understanding why souping is better than juicing. Find out the benefits you can get from souping. A concrete explanation about the importance of cleansing and detoxifying our body and the types of cleansing we can adopt are briefly discussed on chapter two. I find this eBook very informative and helpful at the same time. The best part about this eBook are the easy to follow soup recipes that are included in this eBook. It contains a step-by-step guide on each recipes and the ingredients are easy to find. The broccoli soup is one of the best recipes that are included in this eBook.

A series of good healthy diets are given into this book that will help you get the perfect body what you have always wanted. There is also an enriched souping delicious recipes to help me get health benefits incredible collection. And I just love the writing style of this book. This book have declared souping benefits that are, has less sugar than juice, no special equipment, and the soup is so easy to store. Soups are also an essential key component of any weight loss program. Great little manual on how to do this more edible, followed by ready-to-follow recipes to put everything in action. If you love Soups and want's to take care of your health then this book is for you. Thanks to the author, Highly Recommended!!

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