

Title:

Detox Diet: 8 Benefits to Juice Fasting

Word Count:

404

Summary:

There are many benefits to juicing, especially if you prepare them yourself.

Keywords:

juice fasting, juicer, detox, detox diet, detoxification, detoxification diet

Article Body:

There are many benefits to juicing, especially if you prepare them yourself:

1. If drank fresh, the juice is full of live enzymes, which is helpful the body.
2. Unlike coming out from a packet, the juice is fresh and not pasteurized. Pasteurization man
3. You consume more vegetables by drinking than by eating. As you probably have experienced, i
4. Digestion and assimilation of the vegetable nutrients is much easier. Your body is in fact,
5. Fasting gives your digestive system a rest. Since fresh fruit and vegetable juices require
6. A fast helps to also break down toxic materials - fat, abnormal cells and tumors~and releas
7. In addition, new cell growth during fasting is stimulated and accelerated as the required p
8. Juice fasting is a much gentler process of detoxification as compared to water fasting. For

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