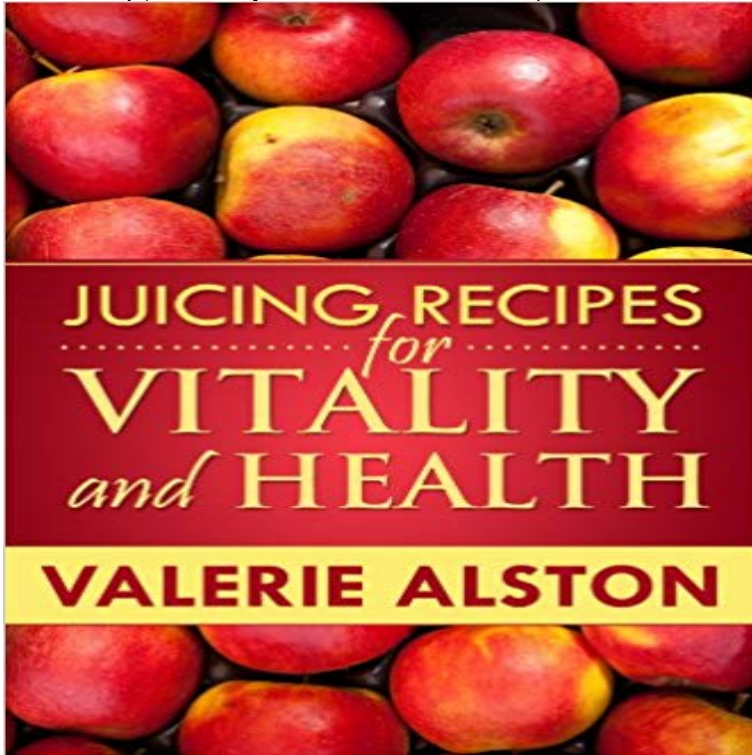


## Juicing Recipes For Vitality and Health



What you eat and drink can make or break your health and vitality that's why it is important to ensure that you are eating and drinking healthily. With this, juicing is one process that can help you ensure you are consuming the right and healthy foods and successfully absorbing their nutrients in your body. Juicing is the popular process of extracting the juice from fruits and veggies for drinking instead of eating them whole. Juicing is popular because it is very easy to do. With the use of equipment like juicer or blender, once can whip up a fresh and healthy juice drink already. Another reason why this process is popular is because it is fun to do. You can combine different fruits and veggies to your liking and make your own juicing recipe for health.

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