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Start With 4-6 Ounces Of Juice, Diluted With An Equal Amount Of Water. Start With Simple Combinations Of Produce (1 Fruit + 1 Veggie, For Example) Until You've Determined What You Do And Do Not Tolerate. Fruits/Veggies For GP-friendly Juices
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The Cleanse HEALTHY WATER DIET SLEEP If You Start Your Morning At 7:30 Am, We Recommend Drinking Juice 1 At 8 Am, Juice 2 At 10:30 Am, Juice 3 At 1 Pm, Juice 4 At 3:30 Pm And Juice 5 At 6 Pm, And Juice 6 At 8:30 Pm. The Optimal Time Between Juices Is 2-3 Hours. The Green ... Apr 1th, 2024

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