



## **Juicer Fanatics Publishes Highly Anticipated List Of 8 Fat Burning Juices**

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Juicer Fanatics, a company which revels in the art of juicing, has released a list they say include "8 fat burning juices that are good for you." Their article, which can be found on the company website, also provides access to a secondary publication which discusses the differences between masticating and centrifugal juicers and the benefits of each. In regards to this comparison piece, they write: "We recommend centrifugal juicers for juicing beginners, as well as those who do not plan on juicing leafy greens or wheatgrass. They are also the best choice for juicers on a budget due to their low cost. Masticating juicers are for serious juicers who are concerned about nutrient loss and who like to use their juicer to process leafy greens and herbs in addition to fruits and vegetables."

The vegetable centered article, titled, "Keep It Green and Leafy: 8 Fat Burning Juices That Are Good For You", describes 6 easy to find vegetables and the vitamins they possess. It delivers details on the individual organs which are affected by these nutrients, as well as different times of day which they can be consumed for the highest level of benefits. One such paragraph outlining celery advises: "Celery contains a nutrient compound called coumarin. Coumarin boosts your liver and kidneys, helping you purge any toxins that may have been slowing you down and robbing you of energy that you could have used to get off your feet and

move."

Juicer Fanatics not only covers well known and commonly eaten vegetables such as carrots and celery, but they also discuss vegetables which are less likely to be found in most types of juice. From spinach to beet root, the document highlights juices that help to burn fat, increase blood and heart health, and heighten stamina over time.

For more information on juicing and its many advantages, Juicer Fanatics invites individuals to check out other articles which the team has published to their official website as well. They encourage readers to check back for new updates and to leave feedback on subjects covered and possible future titles they wish to see.

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For more information about Foster SEO, contact the company here: Foster SEORob Cairns 905-592-0719 info@fosterseo.ca 790 Mohawk Road West #1006 Hamilton ON L9C 6C6 Canada

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Website: <https://fosterseo.ca/>

Email: [info@fosterseo.ca](mailto:info@fosterseo.ca)

Phone: 905-592-0719

