

Daniel Hall Announces Juice Cleansing Diet Course To Break Food Craving Cycles

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Daniel Hall Combined Enterprises has announced a new course that is designed to teach users about the juice cleansing diet and its benefits. The company states that in this course, consumers can learn to break food craving cycles while resting their intestinal tract and their liver with super nutrition weight loss.

Luanna Rodham, a spokesperson for the company says, "The team of Attorney Daniel Hall and Doctor Scott Brown teaches people the benefits of juicing."

Daniel Hall also has a nursing degree and worked previously at the Mayo Clinic. Brown has a background in biochemistry. The duo has personal experience with juicing and have developed the course as a means of teaching others about those benefits. Brown states that the first benefit that he and Hall experienced when they began juicing was weight loss. This is noted at <https://www.udemy.com/juice-cleansing-for-weight-loss-intestine-and-liver-repair/learn/v4/overview>.

Luanna Rodham observes, "From just 30 to 60 days on the juice diet, both experienced weight loss. They also experienced an increase in their energy levels, which helps with weight loss as well because metabolism is increased."

An inspirational example is Joe from Australia who put himself on a juicing diet for two months and then followed that with a two year long vegetarian diet. His journey awarded him with weight loss according to Rodham, and a decrease in his BMI and BMR. Rodham states that "Joe" is one of their most motivational examples and his story can be seen at <http://www.rebootwithjoe.com/erin-success-story-weight-loss/>.

The company states that the course will answer all questions regarding the juicing diet, including why and how it works for weight loss, and other benefits that this type of diet offers. They state that in order to properly follow the course, certain equipment will be needed, and the course includes nearly two hours of content combined into 14 different lectures.

Those who are interested in learning more about the benefits of the juicing diet can visit this post at <http://fitlife.tv/how-i-lost-70-pounds-and-got-my-life-back-with-juicing/>. In this article, Stefanie also answers questions on how she lost weight by juicing.

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