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Para limpar nosso metabolismo, a alimentação desintoxicante - ou popularmente conhecida como "dieta detox" - é uma das melhores alternativas. Os sucos verdes são ideais para serem consumidos logo pela manhã, ainda em jejum, porém existem outros sucos que ajudam a nutrir o organismo e a excluir as toxinas presentes. Quer saber as receitas? Estão todas as seguir!

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