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Juicing: The Complete Guide to Juicing for Weight Loss, Health and Life - Includes the Juicing Equipment Guide and 97 Delicious Recipes

By John Chatham, Rockridge Press

Rockridge Press, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Juice: The Complete Guide to Juicing for Weight Loss, Health and Life-Includes The Juicing Equipment Guide and 97 Delicious Recipes. Energizing recipes include green juices, juices for healthy cleansing, strengthening the immune system, and improving skin, organ health, brain function, digestion, and various bodily ailments. Tailored to anyone who has health as their goal, this comprehensive juicing bible offers everything you need to know about juicing, from choosing the perfect juicer, to preparing for a cleanse, to tips for a successful juice fast. Offering 97 delicious recipes, Juice mixes the healing powers of vegetables such as kale, spinach and beets, and combines them with fruits full of flavor, antioxidants, and vitamins. Exploring the benefits of fruit juice versus vegetable juice, Juice explains the pros and cons of juicing, and the importance of adding juice to your diet. * Easy to navigate, Juice categorizes recipes by their healing properties, and offers 97 delicious juices for cleansing, anti-aging, clearer skin and losing weight * Learn to create your own juice recipes, understand what fruit and veggie combinations go best...



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