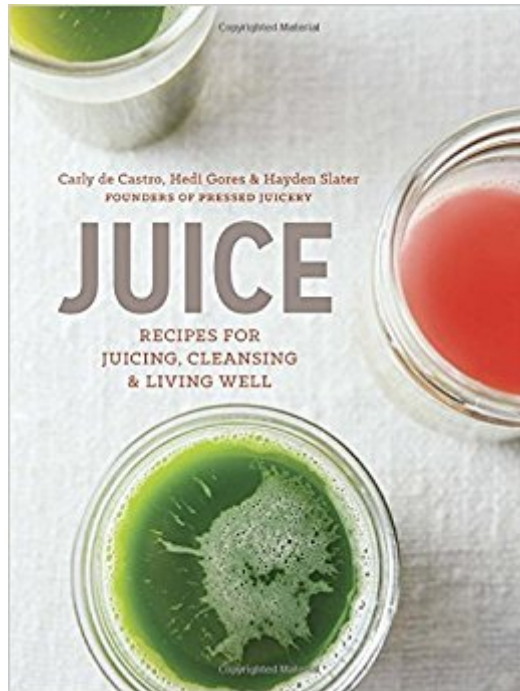


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# Juice: Recipes For Juicing, Cleansing, And Living Well



## Synopsis

A lushly illustrated and accessible guide to juicing and juice cleansing, featuring 75 recipes for making organic juices, milks, and other concoctions at home to provide the vital nutrients a healthy body needs to function at an optimal level. Once considered a fringe practice of raw-food zealots, juicing has gone mainstream. In this beautiful full-color health guide and cookbook--which requires only a juicer or blender to use--the founders of Los Angeles-based Pressed Juicery explain how juicing and juice cleansing can be part of a fit and healthy lifestyle. Featuring seventy-five recipes for the shop's most popular juices--including greens, roots, citrus, fruits, aloe and chlorophyll waters, and signature beverages like Chocolate Almond and Coconut Mint Chip--this inspirational handbook outlines the benefits of juicing, explains how to do a juice cleanse safely, and shares testimonials from people who have experienced personal health transformations after integrating juice into their lives.

## Book Information

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## Customer Reviews

"Carly, Hedi, Hayden, and I share a passionate belief in the power of fruits and veggies" and it shines through on every page of Juice. This is a 360-degree celebration of juicing, with useful information and great recipes. Read it and pass it along to anyone you're trying to convert to Team Mother Nature. • "Joe Cross, founder of Reboot with Joe "I am so grateful for Juice! Drawing on personal experiences and transformations in their own lives, the founders of Pressed Juicery have come up with a beautiful book, one that is more than just a collection of

recipes, but rather a framework for taking the first steps toward a healthier and happier mind, body, and soul. I heartily recommend it.â • â "Marianne Williamson, internationally acclaimed author and lecturer

Carly de Castro, Hedi Gores, and Hayden Slater are the founders of Pressed Juicery, a Los Angelesâ "based chain of juice shops that feature more than forty organic, cold-pressed juices and a simple series of multi-day juice cleansing regimens. With nearly twenty locations in Northern and Southern California (and many more opening soon), Pressed Juicery has been featured in Vanity Fair, InStyle, Details, Natural Health, Marie Claire, Vogue, the Los Angeles Times, and Entrepreneur, among many others, as well as on Today, Extra, and The Doctors. Carly, Hedi, and Hayden all live in the Los Angeles area.

Kindled this book so I'd always have the recipes with me. Been juicing almost every morning for 4 weeks. Now I look forward to my juice each morning. It's such a great start to the day. And so many recipes. We keep repeating the first ten. Just because they seem more wintry to me. Come spring we'll be moving forward in the book for lighter juices just my take on it.

Juicing is a way of life for me, I have juiced for many years The passion others share is inspiring and I continue to learn. I enjoyed reading how Pressed Juicery evolved and have tried many of the recipes shared in their book. I highly recommend this book to those just starting out as well as those who have enjoyed juicing for years.

Great recipes and instruction about juicing

Make juice at home and stop paying an arm and a leg for it.

I just purchased my breville juice fountain crush and a juice cleanse online (JusbyJulie) and really liked all the positive feedback for the pressed juicery and on the website I saw this book and what luck! Its not only recipes which there are plenty and all of the recipes they say they use as well as many more great variations. It's also a book perfect for the coffee table, life lessons and stories the authors share to help you with your journey to a healthier lifestyle. Great simple clean book! It's great to open to a recipe bring it with and create it without internet searching tii!

The juices are really easy to prepare (once you gather and cut up the ingredients) and delicious. I love the variety. Beet juice is my absolute favorite. If you are considering juicing, this is a great guide to get you started.

I LOVE "Pressed juiceries"! I wish we had one in CO... I'll just have to settle on making my own until we do! We just visited the one in Honolulu, and it was amazing!! Great book!!!!

My girlfriend and I love this book. They've got a lot of great recipes and they even share a lot of the recipes Pressed Juicery follows when they make their Unbelievable juices! We wish there was a pressed juicery in Vermont!

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