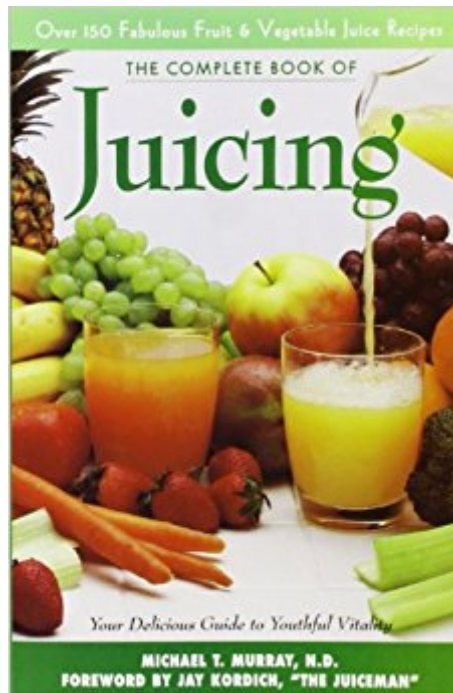




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Complete Book Of Juicing: Your Delicious Guide To Youthful Vitality



Synopsis

• A must-read for anyone interested in juicing as a part of a healthy lifestyle. • Jay Kordich, The Juiceman • Freshly squeezed juice is the tastiest way to satisfy your nutrition needs while you quench your thirst. Now, one of the world's leading experts on natural nutrition and health offers you clear information on the healing and revitalizing power of various fruit and vegetable juices combined with a mouthwatering collection of over 150 recipes. The Complete Book of Juicing reveals how specific juices can help: • Combat cancer • Relieve arthritis • Lower blood pressure • Resist aging • Reduce high cholesterol • Treat kidney stones and ulcers • And much, much more! You also get detailed nutritional information for each recipe plus a safe and effective (and optional) guide to fasting with juices. This is the only juice book you'll ever need!

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Customer Reviews

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A must-read for anyone interested in juicing as a part of a healthy lifestyle. Jay Kordich, The Juiceman Freshly squeezed juice is the tastiest way to satisfy your nutrition needs while you quench your thirst. Now, one of the world's leading experts on natural nutrition and health offers you clear information on the healing and revitalizing power of various fruit and vegetable juices combined with a mouthwatering collection of over 150 recipes. The Complete Book of Juicing reveals how specific juices can help: • Combat cancer • Relieve arthritis • Lower blood pressure •

Resist aging? Reduce high cholesterol? Treat kidney stones and ulcers? And much, much more! You also get detailed nutritional information for each recipe plus a safe and effective (and optional) guide to fasting with juices. This is the only juice book you'll ever need!

The book is very good in that it tells about the origins of the fruits and vegies you are juicing and has lots of recipes. It doesn't tell you how much you should drink to begin with. I juiced 1 large beet and became very sick from it - to the point I almost went to the ER. I later found other people on the internet who had the same experience that I did. The only thing this book said about beets was that it could irritate the throat. That was an understatement. Some vegies and fruits are toxic in large quantities or if your body is not use to them. I even found one website that was titled, "Respect the Beet." I had no idea a vegi could make you that sick. Apparently some vegies have acids in them that become super concentrated when juiced and raw. This book should have warned me of that. If you buy this book be careful to start off with small glasses until your system gets use to the raw juice.

I'm a nutritionist and have most of the books out there on juicing. To me, this is by far the best of them all. Buy it -- you'll like it.

My boyfriend and I both recently got juicers. I ordered this book as a present for him. I liked it enough that I ordered a second copy for myself. Granted, I've only leafed through it a couple of times, but here is why I ordered it for myself. I like that I can calculate the calories of the juices I make. I appreciate the in depth details about health aspects of a large variety of fruits and vegetables and I like that the book is cross referenced. The recipes look yummy and have simple fruits and vegetables, most of which I've already been using. All in all, I find this book useful and easy to use.

I recently started juicing after seeing *Fat, Sick, & Nearly Dead*. I started the year off with a 5 day juice fast and I wish I'd had this book before I started. I bought this book hoping for a good resource that would give me some good recipes for a variety of needs as well as give me good info on the nutritional value of the juices as well as the fruits and veggies. It does that and so much more. The recipes are great, giving you a complete nutritional breakdown for each one. The book guides you through a full list of fruits and veggies and their nutritional components as well as how to properly juice them for the best results. Good instructions are provided on how to do a juice fast, as well as how to incorporate juicing into your weight loss plan or your regular diet.

This truly is a complete book of juicing. It provides recipes and reasons why you should try that particular recipe. With that information, you can try to create your own recipes, to get into a delicious drink whatever nutrients your body is crying for. My favorite recipe is a 1:1 glass of carrot and apple juice. The two together provide useful nutrients, and the book suggests ways you can use the pulp, which is actually more nutritious than the juice. If I had to cut back to only one juicing book, this would be the one I would keep. I strongly recommend it to everyone who is interested in health.

I studied nutrition in college - and this is the most concise and easy to understand book I've read on the subject! He makes highly technical material readable and make sense, without "dumbing it down". I found what I wanted to know right away - how to make juices to combat osteoporosis - then I found I could read from the beginning and really learn the subject without wading through all the "testimonials" that usually accompany books on health. It is well organized - a section on fruits, a section on vegetables, then a collection of juice recipes to provide certain nutrients in the diet, and then a section on recommended foods for certain ailments. Its very easy to use and well documented. I used to think that anyone who was a vegetarian would be malnourished! Wow, false data! I'm now a convert to the "new 4 food groups"! I made the "Bone Builder" drink first. Not only do I know WHY I'm including the ingredients, but it was delicious! And my 86 year old boss (who hasn't eaten a green vegetable in years and has osteoporosis) thought it was great too! After a week of juicing and giving him different drinks (even with kale, spinach, collard greens, parsley, etc.) twice a day, he said, "You're spoiling me! I find i don't want to drink anything else and when I'm thirsty I look around for my juice!" I highly recommend this book (and juicing!)

I enjoyed a cup of Potassium Power (a recipe of parsley, carrots, spinach, celery and tomato) which I think tastes like V8 :) I really liked it!! LLLUUUVVV Immune Power Fruit (orange, pineapple, strawberries and banana)especially drinking it with the pulp! I found it to be a filling substitute for lunch :)I also LUV! the taste of the Bowel Regulator ;) (plums, apples and pear) with the pulp as well...Although the recipe is said to be great for minor cases of constipation...I juice it for the great taste! :)The Nutrient Content listed after each recipe was such a great way for me to build understanding of what I was putting in my body and makes me appreciate my health and increase my passion to stay consistent to treating my body good. I wish the same for you!! I look forward to juicing every single recipe and make it an imperative part of my nutrition. The fruits and vegetables have been easy to find in Shaws or better yet Whole Foods. :)Whenever you juice don't forget to

say "Cheers to Health!" Cheers to your Health!

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