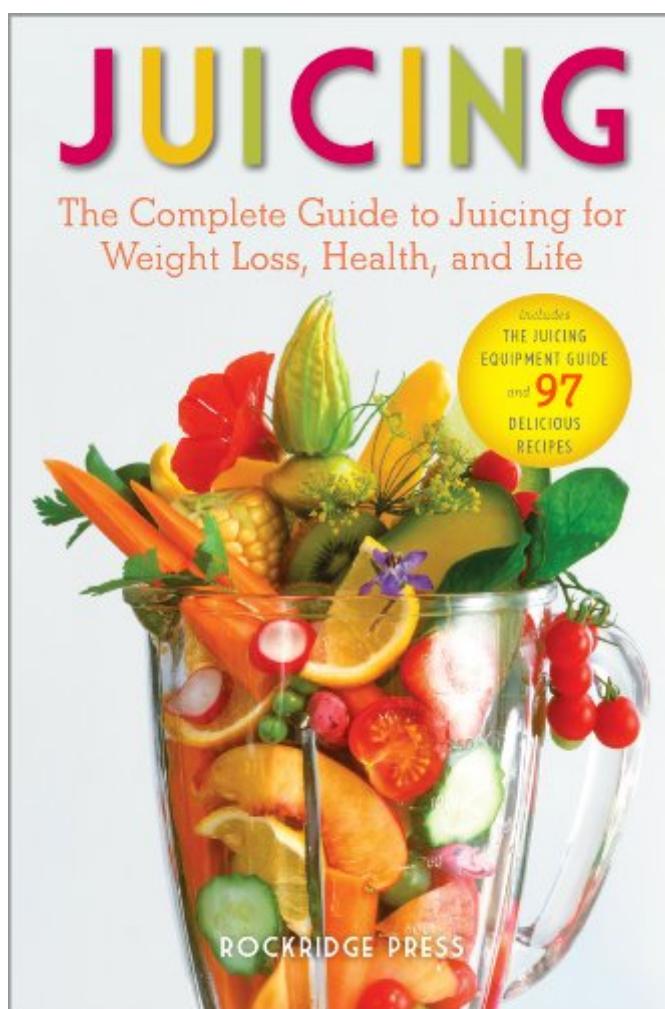


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# Juicing: The Complete Guide To Juicing For Weight Loss, Health And Life - Includes The Juicing Equipment Guide And 97 Delicious Recipes





## **Synopsis**

Drinking pure, fresh juice is the best way to experience the nutritional healing power of fruits and vegetables. Strengthen your immune system, cleanse your body, feel lighter, and lose weight with the amazing power of juicing. Juicing: The Complete Guide to Juicing for Weight Loss, Health, and Life is a comprehensive guide tailored to both experienced juicing practitioners and those looking to learn the basics:

- Discover the top 20 vegetables and top 20 fruits for juicing and why they're perfectly suited for a juicing diet.
- Learn how to choose the best juicer or blender for your juicing needs and your budget.
- Enjoy easy juicing recipes for health and weight loss goals. Included are juices for slimming down, improving brain function, detoxing your body, and improving stamina.
- Create your own juicing recipes with fruit, vegetable, and spice combinations that pack the greatest nutritional punch.

Begin experiencing the health benefits of fresh juice with Juicing: The Complete Guide to Juicing for Weight Loss, Health, and Life. Our complete guide will make you an expert at juicing in no time.

## **Book Information**

File Size: 8800 KB

Print Length: 212 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (November 5, 2012)

Publication Date: November 5, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00A2WWSNS

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #301,420 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #342 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #434 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages

## Customer Reviews

I have never juiced before, but after reading this book, I know precisely how to begin juicing--how to choose equipment, what to be aware of health-wise, what to expect on a 3-5 day juice fast or cleanse, as well as the specific benefits of juicing a range of fruits and veggies. This book is a perfect resource for someone like me--a person who has heard of juicing and been curious about it but who wouldn't know where to begin. The book was well-organized (an index would be a great addition, though!) and written in such a way that the data and research were easy to absorb. I was impressed that the author addressed the benefits of incorporating any kind of juicing into your life (even just a daily glass of fresh orange juice) if you determined that you didn't want to or couldn't do a classic juice cleanse. There was a good balance of encouragement and caution. There are a ton of recipes with helpful tips on what order to add ingredients. I liked that most of the recipes only had about 4 items and the ingredients weren't some strange, hard to obtain item I'd never heard of. If you are looking for practical juicing info and have no idea where to begin, this book is for you.

Juice: The Complete Guide to Juicing for Weight Loss, Health and Life is a fantastic introduction to both why and how juicing can positively change the life of anyone. By walking you through the process and execution of different juicing diets, the book gives you all the tools needed to start a healthy juicing regimen. Firstly, the book goes in-depth into the different reasons you should juice, and even examines the different approaches you should take, depending on your goals (juicing for weight loss is very different than cleansing juicing, for example). It then moves on to the options you have to choose from when selecting a juicer. This was immensely helpful, because I never knew there were so many options to choose from! The book then concludes by discussing the nutritional benefits and taste profiles of different fruits, vegetables and herbs to help you develop your own juice recipes. This book was hugely influential to me and helped me to develop my own juicing regimen. Highly recommended!

Juicing is something I've been wanting to do to help improve my health and health conditions, but I really didn't know where to start. This book really is a complete guide. It not only offers details about juicing itself, but also offers information on the benefits of juicing and how to approach it based on your goals. It offers guidance on which juicer to select. This book really takes the guesswork out of juicing. It has a great variety of recipes and is full of helpful information! \*Disclosure: I received the ebook complimentary to facilitate my review. Regardless, all opinions are my own.

Juicing has become very popular nowadays, and for good reason. Combined with a regimented diet and exercise, it has helped many people lose weight and lead a much healthier life. While many people might be familiar with juices and even juice fasting, but so many people don't understand the science behind it all. John Chatham breaks down all the information in easy to digest sections (pun intended) with each one offering the next step in the juice fast process. He'll even help you choose the right juicer! Chatham is very honest about the juice fast and even gives readers the pros and cons of the diet as well as what they should expect during the fasting process. That being said, he explains the process in such a way that makes even the most skeptical of people, like myself, think that the juice fast/cleanse might not be such a bad thing. Did you know that most people don't get the daily recommended amount of fruits and vegetables? That's because most people have no idea what actual serving sizes should be. Chatham offers 97 delicious and easy recipes in the book to get people started with juicing. Even if you aren't interested in pursuing the juicing fast, these recipes will definitely add a lot of the necessary vitamins and minerals in your diet that you didn't even realize you were missing. In fact, many of the fruits and vegetables that he lists contain free radicals and phytonutrients that help reduce the risk of strokes, heart disease and cancer. Chatham writes down a list of 20 of the top fruits and vegetables to use for juicing. The book is informative, insightful and above all, honest. There are interesting little tidbits of information throughout the book that adds even more value to the already outstanding read.

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