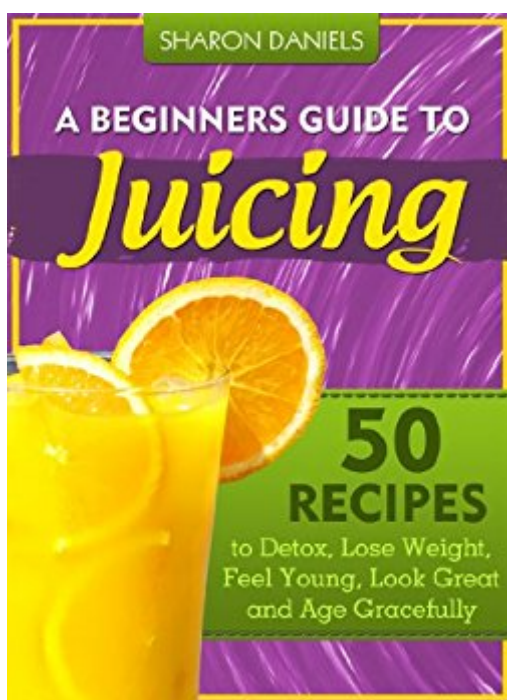


The book was found

# A Beginner's Guide To Juicing - 50 Recipes To Detox, Lose Weight, Feel Young And Age Gracefully (The Juicing Solution Book 1)



## Synopsis

With such an increased emphasis on health and nutrition, which comes on the heels of the rising obesity epidemic, many people are researching ways to look and feel good. In fact, there are hundreds of different products out there, all claiming to help you lose weight, strengthen your hair and nails, better your complexion, boost your immune system and mental strength. The truth of the matter is, these miracle weight-loss and beauty programs are just money-making schemes from big corporations. In fact, these products can do more damage to your body than good. So where do you turn? There's something out there that's a way times better than all man-made products combined. Something that actually works. And you're holding this miracle in your hands. Juicing is an all-natural, all-clean method of losing weight, looking beautiful, becoming mentally stronger, and even a way of cleansing your system of toxins. And the best part is that it works, and it's been proven to work by thousands of people – not by paid advertisers, but people like YOU. Juicing is a natural cure, treatment, and prevention aid for almost any of life's ailments, illnesses, and disorders. It's cheap, convenient, and best of all, its benefits are enormous. In this book, we'll be running you through the basics, the guidelines, and the golden tips and tricks of juicing. You'll be introduced to fifty delicious recipes that are as rewarding for your health as they are for your taste buds. This book will also breeze you through the different categories of juicing: Juicing for Mind and Body – This includes juicing for improved mental function, memory recall, focus and concentration, reduced stress, and anxiety. It also involves Remedy Juicing, which includes juicing to prevent, treat, alleviate pain or suffering, or heal illnesses, ailments, and disorders involving anything from a toothache to cancer. Juicing for Weight Loss/Weight Gain - This is a big category. Though most people turn to juicing for weight loss, many also use juicing as a way to gain weight and bulk up muscle. Juicing for Healthy Aging and Beauty - Wrinkles, age spots, acne, uneven skin tone, varicose veins, cellulite, stretch marks, eczema, hair thinning, and hair loss – these are just a few of the reasons people juice for healthy aging and beauty. Juicing for Cleansing and Detoxification - Another big category as most people associate juicing with cleansing and detox. Juicing is one of the safest and healthiest ways to quickly wash out harmful chemicals and replenish helpful bacteria in your digestive system. Whether you are interested in a full body cleanse/detox, an intestinal cleanse, a liver or kidney cleanse, or whatever else, juicing will provide you with a simple, thorough, and safe manner of doing so. Each recipe comes with easy to follow instructions that include: Juice Prep to Finish Time Difficulty Level Yield Nutritional Information To your health, Sharon Daniels

## Book Information

File Size: 845 KB

Print Length: 96 pages

Simultaneous Device Usage: Unlimited

Publisher: Internet Niche Publishers (May 13, 2012)

Publication Date: May 13, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00836VX72

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #455,378 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #233 in Kindle Store >

Whispersync for Voice > Cookbooks, Food & Wine #500 in Books > Cookbooks, Food & Wine >

Beverages & Wine > Juices & Smoothies

## Customer Reviews

I would love to give this book 10 stars! The recipes were not only easy, they were also delicious and included useful nutrition information. Made my intro to juicing easy and delicious! In 4 weeks I lost 8 lbs. and I feel great (more energy, better sleep, acid reflux gone)! For breakfast I have delicious veggie/fruit juices that give me instant energy! I no longer crave or drink coffee (ever!), and my sugar addiction has almost disappeared! I no longer drink diet coke and artificial sweeteners are a thing of the past. As a Type2 diabetic I am thrilled with a recent blood test which revealed the lowest glucose reading I've had in over 9 months!

Here's a quick summary of what is inside. First up there is a list of reasons to juice. I personally found this interesting as funnily enough an investment guru I follow was recently talking about his personal journey with juicing and how it helped him overcome a skin disorder that his doctor said was uncurable. Secondly there is a guide to choosing juicers which is kept nice and simple, just a few hints to help you choose a better model. Next there is a nutritional guide about what specific

vitamins and other health properties are in a number of different fruit types. This also includes tips to help you minimise your pesticide intake including a number of fruits the author recommends to only buy organically. Onto the juice recipes. Each recipe is nicely divided into handy categories including: Cleansing and Detoxification, Weight Loss, Mental Acuity, Aging. The steps to follow are simple, nicely laid out and come with a number of tips. For all health conscious people, each recipe comes with dietary information such as calories, sugar, fat, carbohydrates, fiber, protein and sodium. Many of the recipes offered appeal to the tastebuds, such items as the fruit cleanse and the watermelon eruption are ones that stick out for me. Overall it is an excellent book that is sure to appeal to anyone contemplating a juice diet or looking to expand their juicing repertoire.

This is a fantastic Beginner's book for juicing. I saw 'Fat Sick and Nearly Dead' and was blown away to learn all the health benefits. I've been feeling gross since before Xmas and have been needing a change. So I hopped on and picked up three juicing books. This is by far my fave of the three. Well written with the voice of a friend giving advice. The layout is perfect and the recipes look great (haven't tried any YET). I read thru the whole book in one sitting this morning. Lots of great info. I definitely recommend!

I have two juicers - an Omega Masticating Juicer and a Breville Centrifugal - so my options are totally open! I love the way this book is divided into the various categories served by juicing (detox, weight loss, etc.). I have tried several and find them easy to make, and delicious. The only problem I have is with the juices that call for grapefruit, as I am on a medication that precludes ANY consumption of this lovely fruit (and I am a SERIOUS pink grapefruit lover!) I would have liked for there to have been a suggestion of which citrus would be an acceptable substitute for the grapefruit which I may not have because it affects the way my meds metabolize. Another discovery I made was when I was getting ingredients for a couple of the recipes that call for coconut milk...in my local grocery store, there are two varieties offered - regular and 'lite' - it would be helpful to know which version the author used in formulating her recipes. I opted for the 'lite' version and found the taste of the juice (Strawberry and Coconut Whip) so rich, I can not imagine how decadent it would taste otherwise! I am also a CreateSpace author and think there could have been better advice given to this author about the size of the book and the font, as the size seemed a trifle awkward, and a smaller font may have prevented an extra page being needed for only one sentence. All in all, I find the author certainly seems to be very knowledgeable and has done her homework on which ingredients are best to achieve the desired goal - as well as making suggestions of the types of stores where

some ingredients may be found. I have already earmarked 6 or seven of the recipes that are my favorites. Thank you, Sharon, for a very informative, easy to use, and instructive book.

We've been juicing for years and thought it might be nice to add a few new recipes to the mix. Pooped on and thought this one looked interesting. Even though we juice nearly everyday, far from what I would call a "beginner", I was really happy with the information provided in this book. It has a great variety of recipes for beginners as well as for people like us who are familiar with juicing but just want to try something new. The recipes are very easy to follow, delicious and the nutritional information is a great bonus! It was very well organized and explained why juicing is good for you, in addition to walking you through how to select a juicer. Overall it is an excellent resource for anyone contemplating juicing or just looking to expand their juicing repertoire.

The book has a lot of great recipes to start your juicing journey. The recipes are broken down to a few categories such as weight loss, Aging and beauty, and detox. She does give you a list of the right fruit and veggies to buy prior to start juicing. The author also lists the fruits and veggies that contain the most pesticides. I bought the book as a guide to start juicing to lose weight. The problem I have with this book is that some of the weight loss juicing recipes only provide you with 80-120 calories, is that enough to start your day with? Are you suppose to supplement these juice recipes with your breakfast? This is unclear and confusing. The author need to elaborate more on the weight-loss section of the book. Those of you that bought the book please comment how you are implementing juicing through out the day.

[Download to continue reading...](#)

Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)  
JUICING RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books  
A Beginner's Guide To Juicing - 50 Recipes To Detox, Lose Weight, Feel Young and Age Gracefully (The Juicing Solution Book 1)  
A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1)  
Juicing: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing)  
Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103)  
Sugar Detox:

How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing Detox, ... Cancer Cure, Diabetes Cure, Blending) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

