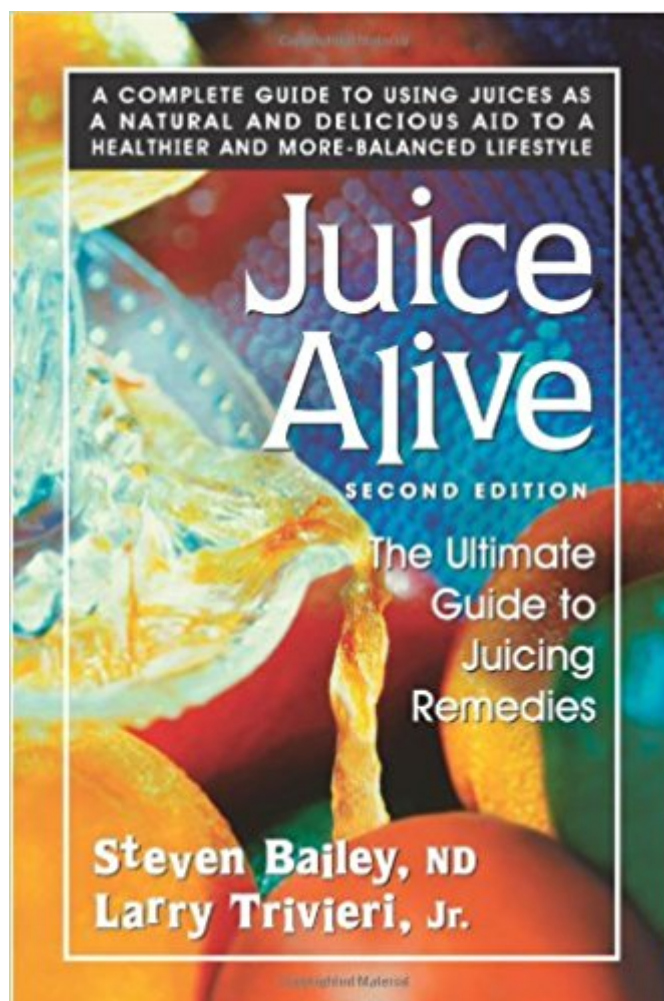


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# Juice Alive, Second Edition: The Ultimate Guide To Juicing Remedies



## Synopsis

The world of fresh juices offers a powerhouse of antioxidants, vitamins, minerals, and enzymes. The trick is knowing which juices can best serve your needs. In this easy-to-use guide, health experts Dr. Steven Bailey and Larry Trivieri, Jr. tell you everything you need to know to maximize the benefits and tastes of juice. The book begins with a look at the history of juicing. It then examines the many components that make fresh juice truly good for you • good for weight loss and so much more. Next, it offers practical advice about the types of juices available, as well as buying and storing tips for produce. The second half of the book begins with an important chart that matches up common ailments with the most appropriate juices, followed by over 100 delicious juice recipes. Let Juice Alive introduce you to a world bursting with the incomparable tastes and benefits of fresh juice.

## Book Information

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## Customer Reviews

"Full of insight and practical information Juice Alive should be on the book shelf of all nutritionally oriented physicians and consumers. I thoroughly enjoyed it." - Peter D'Adamo, author of Eat Right for Your Type  
"Juice and smoothies are healing medicines, tonics, and rebuilders, and are the real materia medica. Juice Alive is the best book I've seen on the subject." - Gabriel Cousens, MD, director of the Tree of Life Rejuvenation Center  
"Juice Alive is quite an important book that Dr. Steven Bailey has compiled, with much amazing information. I am excited to recommend it." - Elson M. Hass, MD, author of Staying Healthy With Nutrition and The New Detox Diet  
"Every health

conscious person should be preparing the juice recipes in this book. Dr. Steven Bailey's juices have given magnificent results when taken regularly over an extended period of time. A valuable book to often refer to." (Making Scents)

Steven Bailey, ND, is an internationally recognized authority on juicing and therapeutic juice fasts. He lectures worldwide and is the author of more than 150 articles on natural health, as well as *The Fasting Diet*.

The variety of juices and their potential benefits is right on the mark. Juicing celery for the anti-inflammatory agents really does work... and it tasted great to boot. I juiced carrots for a month and my eye glass prescription changed - for the better. Wonderful Book! It arrived on time and in the condition stated by the seller. I would have no problem dealing with them again in the future.

*Juice Alive* is a easily accessible introduction to the late 20th century phenomena of American(US) vegetable and fruit juicing and fasting. The first part of the book seems to be written more by Steven Bailey ND. In it he constructs a history of juicing and to some degree modern naturapathic medicine. He starts with the Greeks and works up to the present with such 20th century proponents as Dr. Norman Walker and Jack Lalanne. Both of whom were long living examples of the benefits of juicing not to mention exercise and living with a positive attitude. This part of the book would be stronger if it was annotated clearly. The second and middle part seem to be written more by Larry and reads more like a how to guide to juicing. Buying a juicer is handled based on cost and type of juicer rather than brand which is good since there are many review sites available on line. The authors then go into good detail about how to juice different fruits and vegetables. they stress the importance of seasonal and variety of vegetables, although they fall back on a fairly simple basic base recipe with some repetitive modification when it comes to treating alphabetically categorized disease states in the second half of the book. There is also a sections on juice fasting that is heavily influenced by Dr. Gabriel Cousins and Dr. Bailey's experiences. The end of the book has several recommendations for books on vegetarian and raw food although this may be a function of the publisher rather than the authors since they talk more about a organic ethically/sustainably produced diet rather than a strictly vegetarian one. Overall a good introduction to the subject but by no means exhaustive.

If you want to know a bit more about which fresh squeezed juice combinations work together, or the

general reason why certain fruits or vegetables are good for certain ailments, this book can help you with that. The recipes are not complicated and many juices can be made with easy-to-get fruits and veggies.

This book is exactly what I was looking for. I wanted a book that gave me specific recipes that I could use and in addition to that provide me with basic information that someone who is just beginning to juice could easily understand. I was very happy with this book it provided me with the information I needed as a novice juicer and it was easy to read.

After order was complete the book was at my door within days, it is not only a great source of excellent recipes but a well written knowledge to the history, benefits, and fun you can have with juicing. It's an excellent resource and juicing tool.

This is a great resource for everyone wanting to live their lives to the fullest. Dr. Bailey gives the history of healing with food and how it fits in today's world. The juice recipes get you started on your way to taking control of your well being.

This book was easy to read, instructions easy to follow. Great recipes! Loved it! I even liked the chapter on Juicers. My sister and I will be trying the juice fast. It seems very achievable.

No matter what your symptoms are you can find a natural way to battle the illness. No need to see the Doctor every month, just help yourself to a health life style. it is worth every dime you spend!

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