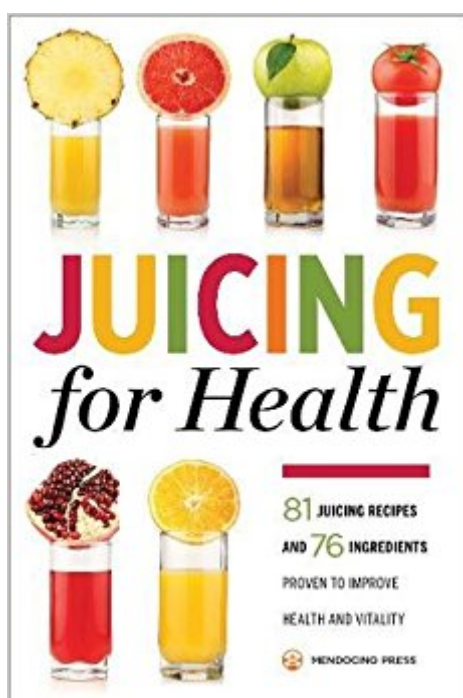


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# Juicing For Health: 81 Juicing Recipes And 76 Ingredients Proven To Improve Health And Vitality



## Synopsis

Achieve your best health with the amazing benefits of a juicing diet. Learn how to add fresh, vitamin-packed juices to your daily routine with *Juicing for Health*. Juicing is one of the healthiest ways to consume your daily recommended intake of vitamins and minerals. *Juicing for Health* will show you how to incorporate fresh juices into your diet for immediate positive results. With 81 antioxidant-rich juicing recipes that maximize the healing benefits of fruits and vegetables, *Juicing for Health* will help you prevent illness, fight disease, and feel more energetic. *Juicing for Health* will help you experience the amazing health benefits of fresh juices, with: 81 simple, delicious juicing recipes to improve health and well-being, promote weight loss, increase energy and vitality, decrease inflammation, and more. 3-day and 7-day juicing detox plans to cleanse your system. Dozens of healing fruits, vegetables, add-ins, and potent combinations for making your own juicing recipes from scratch. 76 juicing recipe ingredients proven to improve health and vitality. 7 tips for making your own juicing combinations. With *Juicing for Health*, you can easily consume your daily dose of vitamins and improve your health while enjoying the delicious flavors of fresh fruits and vegetables.

## Book Information

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## Customer Reviews

*Juicing for Health* is a comprehensive eBook on juicing. The author(s) does a great job of describing or explaining what juicing is (versus smoothies), that the practice should not replace the consumption of whole fruits and vegetables, the importance of consulting your doctor before making

any radical changes in your diet, the different types of juicing regimens, and guidelines for purchasing a juicer that fits your needs. The 81 juicing recipes read like a pharmaceutical guide to maintaining, improving, or regaining health through the consumption of fruits, vegetables, and spices. Recipes include recommended solutions for improving libido, mental alertness, energy, digestion, and easing inflammation. Juicing for Health even covers options in dealing with foods and pesticides. The problem I have with Juicing for Health are the prevention claims. For example, in chapter two the health benefits of peas include the prevention of Alzheimer's. In chapter eleven, 22 vegetables and fruits are listed that prevent Alzheimer's (peas failed to make this list?). From The Alzheimer's Association, the largest nonprofit funder of Alzheimer's research: "Can Alzheimer's be prevented? It's a question that continues to intrigue researchers and fuel new investigations. There are no clear-cut answers yet. Such exaggerated claims cast doubt on the credibility of the author(s) and other claims made. It is unfortunate. Juicing for Health had such promise as much more than just a book of juicing recipes.

This book would be most helpful for those who are not sure which combinations of foods would make for a palatable juice or blend. After all, it would be such a waste of money to purchase fruits and vegetables and not enjoy the results after juicing or blending them. Juicing is an easy way for people who really do not enjoy eating fruits and vegetables to get them into their diet. The author did a good job showing which fruits and vegetables provide the nutrients necessary for improving particular health diseases or conditions along with a good juice recipe to try for each one, followed by a list of other produce that also have those nutrients. There was, however, no supporting evidence in the book to show that juicing the produce was better than blending or eating them whole. I was very curious to read this book as a vegetarian who has given much thought to juicing versus eating vegetables and fruits without removing the fiber. More than a decade ago my husband purchased a juicer and went through a huge amount of carrots along with a few other vegetables in his quest for better health. I thought it such a waste of food "so little juice with so much fiber being thrown away. This did not last long as it didn't satisfy his hunger. Today that juicer is in storage. In the past few years the Vitamix and similar items have shown the public how the blending of whole fruits and vegetables can prepare healthier and delicious soups and smoothies. I believe the recipes in this book for juicing could also be used for blending. Either way, for the large amount of people who for some reason do not enjoy fruits and vegetables, this book can certainly benefit in helping them to consume the daily recommended amount in a delicious way.

So, I got a juicer as a gift and I returned it, convinced I would never use it. I wonder if I'm the only one? Well, this book actually taught me more about the juicer than the manual that came with the one I have. I realized why my juicer was only giving me half a glass after shoving in 20 carrots, and how to actually make the juice that comes out into something that is delicious. There are a lot of suggestions in this book that will help you find use out of that old juicer, or maybe even buy one. I haven't done the detox part of this book, but apparently there are many fruits that can address health issues. Check this book out for yourself!

Juicing for Health, by Mendocino Press, is the perfect book for anyone wanting to get serious about a juicing diet. This book outlines in clear, simple language: The benefits of juicing for health, how to go about using juicing as a cleansing and detox program, and how to stay healthier for life with juicing. You get over 80 recipes, plus how-to guides for choosing just the right juicer to make your "Meal in a glass". It doesn't matter if you're new to juicing. This book shows you how to go about juicing the correct, healthful way, so that you get both nutrition AND flavor. Knowing the benefits of juicing--from lowering the risk of diabetes to aiding in the prevention of cancer--this book is one you just shouldn't pass up.

Juicing for Health "81 Juicing Recipes and 76 Ingredients Proven to Improve Health and Vitality" is one long-winded book title. Fortunately, the book isn't as long-winded. It's concise, to-the-point, and packed with plenty of valuable information and recipes. Want to maximize the health and healing benefits of juicing? Get this book. The book is smartly organized with plenty of information on various fruits and vegetables, cleanse and detox plans, ways to lose weight through juicing, and recipes to heal many different ailments and conditions. Want a clean colon, a healthy heart, strong bones, or more energy? Buy this book. Juicing for Health is both a cookbook and a health manual, and will introduce you to a whole new world of healthy juicing.

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