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The Juice Solution: More Than 90 Feel-good Recipes To Energize, Fuel, Detoxify, & Protect



Synopsis

The Juice Solution shows how to unleash the powerful health benefits in raw fruits, vegetables, and nuts by turning them into delicious juice concoctions, to help you feel your best. With over 90 recipes, you'll find juices to help you energize, fuel, detoxify, and protect your immune system. Learn how to make the most from your electric juicer and start feeling like your healthiest self. Organized by different nutritional needs, this book offers a collection of juice recipes for any time of day. Energizing juices help wake up your system without the use of stimulants like caffeine. Fueling juices, made from fibrous ingredients and foods rich in healthy fats, help keep you satisfied and can be enjoyed in place of a light meal. Detoxifying juices flush toxins from your body by releasing the natural antibacterial qualities found in many fruits and vegetables. Protective juices unleash the immune-boosting properties in certain types of fresh produce. Guides to choosing an electric juicer model that's right for you, selecting produce to target specific health needs, and tips and tricks for making the most of your machine round out the book. Whether you're a first time juicer, an avid juice cleanser, or just looking for fresh and exciting ways to use your home juicer, this book offers something for everyone whose looking to feel healthier.

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Customer Reviews

I absolutely love this book!!! I've been making juice every morning for the past several months and now that I have this book, I sometimes end up making it a few times a day. We have tried 20-30 recipes from here and they have all been delicious. We particularly like the fact that most of the juices are not combinations we have seen elsewhere. The photos are pretty and the recipes are easy to read. I especially like the index for ingredients- when we have a certain fruit or veggie we need to use up, I check the back to see where I can find recipes for it. I also really love how the chapters are divided by what you are wanting to get out of a particular juice- fuel, detox, etc. etc.

Super nice hardcover book. Very informative. Nice photos and recopies for drinks. like this book a lot.

We have a juicer since about a 2 years ago and we got tired of making always the same juice. This book contain tons of delicious recipes and some tips that helped us create our own. All recipes have pictures and measures. It's a very nice book. Happy Juicing!

Delicious content!!

Great book, I actually bought this for my Nutri Bullet blender and not a juicer but it works perfectly, makes rich drinks and smoothies, I love the chapter assemblage and the photos are just beautiful!

Great selection, tasty concoctions

The graphic design of this book looks great and I can't wait to give a try for each of recipe.

Such a beautiful book.

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