

The Juicing Bible

The Juice Lady, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume.

Losing weight is not that easy after all. Tasteless salads, vigorous workouts and avoiding the temptation to eat your favorite food...these are all part of a standard weight loss plan. And these are the things that make it boring and difficult to lose weight. So how about something much more interesting and easier? Well, we are talking about juice diets. Everybody likes fruits and vegetable juices and smoothies. What if we say that you can actually lose weight and detoxify your body with these drinks? This is what this book is all about. It is unlike any other boring recipe tome containing tasteless and bland recipes. Healthy, refreshing, energetic and most importantly delicious – This is what the “Juicing Bible of Weight Loss” is all about. It contains the following. 1. More than 50 different juice reboot and detoxification recipes.2. Serving size and cooking time of each recipe. 3. Nutritional facts with each recipe. Now this is something that you won't find in many juicing recipe books.4. 5 – day Juicing reboot plan with recipes 5. 7 day Detox juicing plan with recipes6. Images and collages to make the book more pleasing and colorfulThe recipes stated in this book are very easy with most of the ingredients mostly available in a standard kitchen pantry. So don't just stop here. Try out a few recipes and feel young and refreshed like you have never before.

Eating fresh fruits and vegetables can boost your energy level, supercharge your immune system, and maximize your body's healing power. Convenient and inexpensive, juicing allows you to obtain the most concentrated from of nutrition available from whole foods. This A-Z guide shows you how to use nature's bounty in the prevention and treatment of our most common health disorders. This accessible book gives complete nutritional programs for over 75 health problems, telling you which fruits and vegetables have been shown effective in combatting specific illnesses and why. Along with hundreds of delicious, nutrition-rich juicing recipes, this book provides dietary guidelines, and diet plans to follow in conjunction with your juicing regimen.

Complete guide to using juices to maximize health and vitality. Offers up-to-date information on the value of juices in relation to the body's needs. Included are comprehensive charts, delicious recipes and instructions on using various juicing equipment.

Juicing for Life

The Juicing Book

50 of the Best Juicing Recipes and Green Smoothie Recipes

Healing Tonics, Juices, and Smoothies

Healthy Juices & Smoothies

The Ultimate Book of Modern Juicing: More than 200 Fresh Recipes to Cleanse, Cure, and Keep You Healthy

250 imaginative good tasting recipes combined with comprehensive, up-to-date information that highlight the healthy benefits of vegetarian cooking. It also suggests prescriptive meals and beneficial dietary and lifestyle changes.

The secret to staying healthy, looking young, getting trim, and feeling great? The natural healing power of fresh fruit and vegetable juices. The Juiceman®'s Power of Juicing shows how you can use fresh juice combinations to improve your health. Simple, flavorful recipes for drinks such as Grape-Pineapple Punch, Carrot-Cantaloupe Coolers, and Pear-Apple Cocktails can help you lose weight, overcome fatigue, reduce your risk of many serious diseases, and relieve scores of common ailments. The Juiceman®'s Power of Juicing is the ultimate guide, for beginners and for avid juicers, to the health revolution that will give you more energy and have you feeling and looking better than you ever dreamed possible!

Are you new to juicing. You should give this book some serious consideration. Not only does it cover the subject with great detail but it also provides a clear understanding of what is involved in the process of juicing from cover to cover. (Like most fruit juices; stick to veggies if you're diabetic). If you are considering juicing, for any reason, then this book will be a good resource for you.

Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource.

A Complete Guide to the Juicing of Fruits and Vegetables for Maximum Health

Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of Common Ailments

Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies

Juice Bar

Complete Guide to Juice Fasting, Detoxing and Fast Weight Loss

The Juiceman's Power of Juicing

"Ultimate Juicing Bible" - "Complete Guide to Juice Fasting, Detoxing and Fast Weight Loss" is an easy-to-read and yet scientifically referenced guide book about how to reach your weight loss goals in a healthy manner by Juice Fasting and smart exercising . The book covers the benefits of a juice fast for gaining a slender physique, healing any ills, and developing a stronger immune system. Before using harsh chemicals or starving yourself, reach for a life-long solution to ridding yourself of excess bulk while giving your body the live food it craves. Put your diet on track by applying this sensible weight loss approach.We also take a closer look at the healing effect of juicing and how it can cure so many diseases.

sparked a deadly chain-reaction that has so far led to the deaths of a further

***FREE BEGINNERS GUIDE INCLUDED!!* Welcome, To The ULTIMATE Juicing Bible. Inside you will find my top 50 juicing recipes! ALL recipes are made from SIMPLE everyday home ingredients, so you won't need to take more than 10 minutes making your juice! Plus, there will be no need to hunt down strange exotic spices and herbs like in other books! Each recipe is designed to taste AWESOME and to aid you in your weight loss and healthy living goals. All of our recipes are 100% unique and used regularly by me and my family! To help you get a taste of the recipes before you make them, I've even included some mouthwatering pictures of some of the recipes for your viewing pleasure! Whether you're looking to lose weight or just feel GREAT inside, there is something inside The Ultimate Juicing Bible for everyone! Plus, as an added extra bonus; I've included with the recipes my beginners guide to getting started. Here you will find AWESOME information to help you get up and juicing in no time: - Which blender to choose - Information on pesticides - How to use juicing for weight loss - And much more... See you on the inside! Sarah Moore

Lose weight and cleanse your body with juices and smoothies Losing weight and being healthy is often on our minds, but noteveryone has the time to spend several hours a week at the gym. Thebeauty of dieting and cleansing with juices and smoothies is thatyou can take them anywhere, and they only take minutes toprepare. Juicing can be done from one to three days to cleanse thebodyof unwanted toxins and lose weight, while smoothies provide longer-term meal-replacement strategy that keeps you feelingfull—and Juicing & Smoothies For Dummies bringsyou up to speed on everything you need to start incorporating thishealthy lifestyle option right away. How to safely cleanse the body of toxins Tips to increase nutrition with protein and fibersupplementsJuicing and smoothie tips and techniques A month's worth of grocery lists for items to have on hand,making it easier to make healthy juices and smoothies inminutes 50 recipes for juices and 50 recipes for smoothies forbreakfast, lunch, dinner, and dessert Juicing & Smoothies For Dummies gives you everythingyou need to enjoy the benefits of this exciting new lifestylechoice.

360 Easy Recipes for a Healthier Life

Discover the Power of All-juice Diets to Restore Good Health, Lose Weight and Increase Vitality

Juicing Detox and Cleanse with Recipes

100 Recipes for Fresh Juices and Superfood Smoothies

Green Smoothie Joy

All you need to create delicious juices for your optimum health

The Juicing BibleThe Juicing Bible

Tired? Stubborn pounds you can't lose? Can't focus? Creeping weight gain? Do you desire to do more but can't muster the energy to get moving? In today's age, we have an abundance of food but a lack of nutrition that is starving our cells of vital nutrients, minerals, vitamins, and enzymes. Our bodies are designed to be healthy and high-performing biological machines but only if a foundation of proper health is in place. If its not in place, the result is a lack of energy, focus, and drive with the negative side-effects of creeping weight gain, disease, and obesity to name a few. But, the good news is that the raw material that our bodies need to be healthy, slim, and beautiful again are contained in the concentrated state of natural fruits and vegetables. Juicing offers the answer to these problems and has become a popular tool to increase your energy, quality of life, and lose unwanted pounds of fat. But, getting started can be a challenge and leave you with more questions in the beginning than before you started. What fruits and vegetables to use? Juice or smoothies? What machine to use? What combination of juices do you use for your fitness goals? How do you maximize your results? "The Juicing Bible: Complete Guide to Juicing for Weight Loss" is a juicers dream. It not only has great juicing recipes but also expounds on the purpose of juicing and the main benefits that can be accrued from adopting this lifestyle. Many persons are trying to lose the excess weight that they have gained and keep it off. Juicing is simply one of the ways that this can be done with ease. Juicing in not hard to do but it does require a bit of skill to know which combinations work best for you. The book highlights all that and more including how to pick the right juicer. Put yourself on the path to vitality and weight loss by learning: - The most important thing to do before getting started and its not what you think. - Juices or smoothies- which is best? (the answer may surprise you) - What is the most important key when selecting a juicing machine. - ll quick, simple juicing recipes that will turbo-charge your energy. - Which fruits and vegetables to use for optimal health and weight loss, and why. - The cornerstone principle to use for juicing to reach your fitness goals. - What is in leafy greens that can keep cancer and serious illnesses away. - Super-foods to include in order ramp up your immune system and quality of life. - Why the greatest juicing machine in the world is actually your own body! This is just a small sample of what you'll learn in the "Juicing Bible: Complete Guide to Juicing for Weight Loss." The book is a concise guide to be read quickly and absorbed, with simple steps to put into action and help you get thinner and more fit as quickly as possible. If you put this book to work for you today, then in 6 months you can look back on your decision to act today as one of the most positive things you did to become a healthier, more fit, and slimmer version of yourself. Don't wait! Go now and get started right now!

Don't eat your veggies, drink them! If you're one of the millions of Americans who doesn't get their recommended daily amounts of fruits and vegetables, juicing is the perfect solution! This book is packed with 150 recipes to make consuming fruits and veggies fast, delicious, and fun, including: Asparagus squash medley Grape citrus apple juice Orange lemonade Lift-off Broccoli apple carrot with parsley and lemon juice Strawberry patch juice This handy guide explains why millions of people have turned to juicing to help ward off everyday disorders like colds and migraines, promote longevity, shed excess pounds, and prevent and treat serious diseases. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer!

An all-encompassing reference to using juice fasting strategies for detoxifying the body and burning fat includes a series of short-term juice fasts, sharing accessible guidelines that are complemented by recipes and detailed explanations of the practice's potential benefits. Original.

The Essential Guide to Juicing Recipes and Juicing for Weight Loss

300 Delicious, Nutritious, All-Natural Recipes for Your Masticating Juicer

The Vegetarian Cook's Bible

The Big Book of Juices

More Than 400 Simple, Delicious Recipes!

100+ Elixirs to Nurture Body and Soul

Features recipes for juices that help to meet produce serving guidelines, along with overviews on the benefits of juicing, the health problems that it can help relieve, and the foods that are suitable for the process.

Are you looking for a special juice diet with the power to cleanse your body and provide it with the nutrients that it requires? Well, what are you waiting for? This report that we have prepared for you features exclusive Daniel Fast Juicing recipes which are considered to be highly beneficial for the human health. Going through it, you will find that the juices are made purely from fruits and vegetables which help give the human body the strength it needs to function in the best manner possible. This book also includes individual nutritional facts for each juice that we have mentioned, so that you can get an idea of how much quantity of each nutrient you will be feeding to your body, if you prepare a certain juice for yourself. We are certain that you will love all the juice recipes and that you will incorporate as much of these in your daily life as you can. These juices are bound to leave you refreshed and happy for the rest of your busy day. With a proper functioning body, there is no doubt that your day will be brighter and healthier.

SUPERFOODS IN EVERY SIP You know a daily diet rich in fruits and vegetables can maximize your health and well-being. But did you know that drinking a smoothie every day made from fruits and vegetables can dramatically increase the amount of life-saving nutrients your body takes in? • Lose Weight • Detoxify the Body • Increase Energy • Fight Heart Disease • Prevent Diabetes, Depression and Certain Cancers • Boost the Immune System • Improve Skin and Hair More than 300 inviting recipes in The Green Smoothie Bible show how to combine leafy green vegetables and delicious, antioxidant-rich fruits into the most nutritious drinks imaginable—leaving you healthy and feeling amazing inside and out.

Start your blenders! A comprehensive guide with more than 100 recipes for flavorful nutritional powerhouses: “Love love love this book!” —one of over 300 *FIVE STAR* Amazon reviews Whatever your fitness regimen, health goals, or daily routine, this massive book of 100+ recipes from the author of The Healthy Juicer’s Bible has the scoop on how to get started, how to keep it simple, and how to make perfect smoothies for every occasion, including: Zesty Berry Morning Citrus Superload Cacao Vanilla Shake Better than Sex Elixir Limy Minty Charm Spicy Sweet Potato Shake Matcha Doing Blue Green Ocean Potassium-rich bananas, free radical-fighting blueberries, nutrient-rich spinach, succulent mango, light and sweet almond milk . . . these are just some of the delicious natural ingredients that pair up in this book. Wondering how to stay motivated after the initial excitement wears off? How to make smoothies quickly and efficiently while still keeping it fun and fresh? Farnoosh Brock talks you through these situations and many more, giving you useful tips on how to manage each as you move forward with The Healthy Smoothie Bible.

Juicing and Smoothies For Dummies

50 Recipes to Total Detox, Reboot, Feel Young, Live Longer and to Prevent Diseases

The Juice Lady's Big Book of Juices and Green Smoothies

You're Quick and Simple Guide to Fruit and Veggie Juicing!

Juicing for Beginners

Juicing Bible: Complete Guide to Juicing for Weight Loss

From one of America’s foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation ! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you’re newly juice curious, or already an old pro, The Juice Generation’s plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

Lose weight and feel great with juicing and smoothies For those of us who don't have time to cut up or cook fruits and vegetables with every meal, juices and smoothies are a fast and easy way to consume them at home or on the go. Packed with over 100 recipes, Juicing & Smoothies For Dummies covers the most up-to-date information on incorporating this healthy lifestyle into your everyday routine. From how to safely cleanse the body of toxins to the hottest ingredients to bolster juices and smoothies—including chia seeds, coconut oil, hemp seeds, bee pollen, and more—it arms you with everything you need to sip your way to a healthier, happier you. There are many health benefits to drinking freshly juiced fruits and vegetables. These tasty and nutrition-packed beverages can help protect you against cardiovascular disease, cancer, cellular damage, and various inflammatory diseases, such as rheumatoid arthritis. Plus, it's great for weight loss because juices and smoothies have hunger-reducing properties, on top of being filling. In this friendly and accessible guide, you'll find expert guidance on how to use juices and smoothies to reap all of these excellent rewards, while getting the recommended daily amount of fruits and vegetables—in a glass! Concoct more than 120 juicing and smoothie recipes using the hottest, most nutritious ingredients Find the best juicers and blenders for the job Ward off colds and migraines, promote longevity, and shed pounds Get a month's worth of grocery items to have on hand to make healthy juices and smoothies in minutes Whether you want to lose weight, cleanse, or simply add more healthy fruits and veggies to your diet, Juicing & Smoothies For Dummies makes it easy.

Brought to you by Jessica Jean Weston, Holistic Health Coach and Owner/Executive Chef of Superfresh! Organic Café, Healing Tonics, Juices, and Smoothies provides readers with simple recipes that debunk the fanciful mystery of adaptogens, herbs, superfoods, and fermentation for everyday enjoyment, while still dressing to impress all those who happen to grace your kitchen space. With several staple drinks for day-to-day consumption, medicinal shots for prevention and seasonal wellness, and fermented concoctions for an extra special probiotic-rich kick, there’s something for all forms of hydration! As an extra bonus, Weston has included three of her favorite cleanses for detoxing and hitting a reset button during seasonal and major life transitions: Juice cleanse Raw cleanse Ayurvedic-inspired cleanse Along with the recipes, you’ll find full-color photographs of the drinks, details on the superfoods that are used to make them, and a comprehensive food glossary. With The Big Book of Juicing, you’ll learn how to make a variety of healthy drinks, which fruits and vegetables provide the nutrients to meet your specific health needs, and which produce is better when eaten whole rather than juiced or blended. You’ll discover how to choose the right juicer and tips for going on a juice detox. The full-

color photos will inspire you to start blending today. Feel the difference when you incorporate these juices, smoothies and other drinks into your daily diet. Apricot & Melon Smoothie Cacao Dessert Smoothie Excitement in Your Mouth Juice Frothy Monkey Juice Lemon Ginger Kombucha Probiotic Lemonade Secret Spinach Shake Quick and Dirty Flu Fighter Wake Me Up Morning Cocktail In addition, readers will learn how green smoothies are hands down one of the best supplements to any diet. With at least one smoothie a day your body will not only receive an extra boost of nutrients, but it will begin to crave these healthier foods naturally. **The Big Book of Juicing also gives instructions on how to create probiotic drinks that benefit digestion, metabolism, and the immune system. Now you can enjoy these bubbly probiotic drinks at home. Enthusiasts of the bubbly probiotic drink kombucha look to its high levels of B vitamins and amino acids, which are said to improve your mood, energy levels, joint function, and skin. Whether you’re new to juicing or already a stalwart supporter, you’ll find tips and recipes that the whole family will love!**

The Green Smoothie Bible

Juicing Bible for Beginners with 101 Juicing Recipes

More Than 150 Delicious Recipes for Fruit & Vegetable Juices, Green Smoothies, and Probiotic Drinks

The Complete Juicing Recipe Book

The ULTIMATE Juicing Bible - 50 Recipes for Weight Loss and Healthy Living

*Juicing Recipes Bible: 50 Of The Best Juicing Recipes and Green Smoothie Recipes*Juicing recipes are often overlooked by millions of folks all over the world. Why? Well, primarily, it is because people do not see the importance of consuming juice recipes. But think about it- the recommended intake of fruits and vegetables stands at 6 servings per day! Do you get that much? I certainly don't! That's why I consume these delicious green smoothie recipes.The beauty of juicing is further enhanced when you consider all the goals you can achieve- whether it be to detox, lose weight, boost energy levels or improve health, these easy to make juicing recipes are all that you need to succeed.Included in this book are 50 easy to make juicing recipes, which can easily be made into delicious smoothie recipes by adding a bit of milk or adjusting the consistency.So why is this juicing bible important? Because when you're starting out you're confused. You don't know what to eat (drink in this case), so a simple pointer in the right direction can do wonders.Some of the delicious juice recipes included in this juicing bible include:• Coriander Lime Juice• Gazpacho Juice• Lemon and Cabbage Juice• Cucumber Kiwi Breakfast Juice• Peach and Cinnamon Juice• Citrus Delight• Caribbean Juice• Cantaloupe and Ginger JuiceAnd many more!Remember- the main thing to do, whether you buy this book or not, is to TAKE ACTION! I know that you've started down the right road by looking at this book, and I know you will come closer to realizing your goals with "Juicing Recipes Bible: 50 Of The Best Juicing Recipes and Green Smoothie Recipes"

The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

Whatever your fitness regimen, health goals, or daily routine—this is amassive book of juicing recipes for every occasion.

Juicing is not only popular in niche markets but it is one of the most effective ways in making people live healthier lives. There are tons of information of juicing that you can find in the internet but if you are looking for reliable information about juicing, then this e-book is for you. With this e-book, not only will you learn about the health benefits as well as helpful tips in juicing but this book will also teach you great and healthful juicing recipes that you can easily try at home. Happy juicing!

Recipes for Living, Loving, and Juicing Green

Beginners Guide to Juicing to Detox, Lose Weight, Feel Young and Look Great

Juicing Bible for Weight Loss

Lose Weight, Detoxify, Fight Disease, and Live Long

300 Delicious Recipes

Smoothies Bible

If you're a woman who wants to know all the secrets of juicing, juicing for weight loss, and juicing books, then you're in the right place. You will find out 10 juicing recipes that are good for acne that will help you get clear and smooth skin right now! In fact, if you want to know 10 juicing recipes to maintain weight, that are also good for anti-aging, then this new kindle book , "Juicing Bible," gives you the answers to important questions and challenges every woman faces, including: - What are the top 10 effective/optimized ways of drinking fruit juice? - What are juicing recipes for weight loss? - What are 8 juicing recipes for a flat belly in 7 days? - What are 8 juicing recipes for edema elimination? - What are 8 juicing recipes for detoxification to help accelerate the combustion of fat?... and more! So, if you're serious about wanting 10 juicing recipes to clear and smooth your skin, and you want to know 10 juicing recipes to maintain weight that help prevent aging, then you need to grab a copy of "Juicing Bible" right now! "Juicing Bible" expert, Emma Stirling will reveal to you how every woman, regardless of experience level, can succeed - today!

Nutritional health expert Natalie Savona improves on her 500,000-copy selling Big Book of Juices & Smoothies, with this even bigger book of recipes guaranteed to boost your health and vitality - a comprehensive introduction to juicing. The Big Book of Juices is a new edition of Natalie Savona's classic title, now with even more juices and smoothies and more than 250 photographs. It is founded on two basic principles. First, that juicing is easy if we simply adopt the habit of it; and second, that juicing every day is a delicious way to get healthy and stay healthy. Following a comprehensive introduction to juicing, 405 different juice and smoothie blends are divided up into three central chapters: Making Juices; Making Smoothies; and Making Quenchers (juices with a little added something, such as soda water, herbs or spices). Every blend is given an at-a-glance nutrient profile (listing vitamins, minerals and phytonutrients), and a star rating on its merits as an energy- and immune-booster, a detoxer, and a tonic for the skin. The recipes can be sourced in several ways: by fruit or vegetable of choice (the chapters are organized by main ingredient); by health benefit (an alphabetical chart lists approximately 50 common ailments or disorders, and cross-references them to the juices that will help overcome them); and by nutrient (a list is given of all the major vitamin and mineral nutrients, each with cross-references to the relevant recipes in the book). The last chapter - a juicing reference section - includes the nutrient and ailment charts as well as suggested juice courses for detoxing and immunity boosting, making this the most practical and comprehensive juice book on the market.

Enjoy all the great flavors, refreshment, and health benefits of a juice bar—right in your own kitchen! With a juicer and a blender, it's quick and easy to create invigorating and irresistible drinks that can increase your energy, boost your immune system and help cleanse your body. More than 90 refreshing recipes and tantalizing photos. Juice Bar contains recipes perfect for breakfast, lunch or an anytime snack. These juices and smoothies are bursting with vitamins and minerals and can be an integral part of a healthy lifestyle. Includes plenty of classic fruit juice and smoothie recipes, along with options for paleo, green and extra protein blends. Hardcover, 192 pages

Teaches "you how to start using juicing recipes today for weight loss and better health, with 100 ... juicing recipes, as well as a complete guide to starting your own juicing diet. Learn how to pick out the juicer and juicing recipes that are perfect for you. Discover the nutritional benefits of each ingredient, from oranges, to spinach, to wheatgrass, and find out how to create your own ... juicing recipes"--Amazon.com.

Top 60 Juicing for Weight Loss,detox,acne, Health & Life

Cold Press Juice Bible

The Big Book of Juicing

More than 400 Natural Blends for Health and Vitality Every Day

Ultimate Juicing Bible

Juicing Recipe Book

The blender has many uses, from puréeing delicious soups, dips, and pasta sauces, to creating delectable fruit and vegetable smoothies and mixing cocktails. With these recipes, inspired by food from around the world, you'll also learn to make homemade condiments, tantalizing entrées and side dishes and sumptuous deserts. And new parents will be delighted to feed their baby nothing but the freshest purées.

The most current and comprehensive juicing guide available Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you'll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries—genuinely up-to-the-minute—are shared here, along with vibrant photographs of her creations The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle.

Green smoothies like Ginger Green.

THE COMPLETE GUIDE TO JUICING, DIETING, AND CLEANSING USING A SLOW-MASTICATING JUICER Thanks to the masticating juicer, which crushes fruits and vegetables into a smooth juice without destroying vital nutrients the way heat-producing centrifugal juicers do, the health benefits of drinking homemade juices has reached incredible new heights. Packed with over 300 recipes, Cold Press Juice Bible is the ultimate guide to getting the most out of these revolutionary machines. By juicing at home, consumers can choose exactly which ingredients to put into their bodies, skipping processed sugars and artificial ingredients in favor of organic fruits and seasonal vegetables that are chock-full of minerals, vitamins, and life-saving antioxidants. Cold Press Juice Bible explains how to maximize health benefits while balancing the complex flavors these machines are capable of extracting. In addition to fruit-by-fruit and veggie-by-veggie nutritional breakdowns, the author shows readers how to mix and match a wild variety of ingredients to create delicious artisanal flavors. Going beyond recipes, the book lays out four different juicing diets readers can incorporate into their daily regimens, ranging from short detoxifying cleanses to weight-busting, long-term diet strategies.

A Guide to the Benefits of Fresh Fruit and Vegetable Juicing

The Everything Juicing Book

The Juice Fasting Bible

The Juice Lover's Big Book of Juices

Juicing Bible

The Blender Bible

Whatever your fitness regimen, health goals, or daily routine, this book offers juicing recipes for every occasion. Every fruit and vegetable you can think of pairs up in this juice bible. A passionate green juicer for over five years, author Farnoosh Brock shares her knowledge, discoveries, best tips, and lessons learned from her years of juicing. She gives you the good, the bad, and the ugly so you can make smart and informed decisions as you learn how to heal your body and return it to harmony using healthy plants from your farmer's market, garden, or produce aisle. "Anyone looking to pick up a good book on juicing would do well to check out The Healthy Juicer's Bible . . . Whether you like coaxing juice from kale to absorb proteins, or from blueberries to fight free radicals . . . you will find a recipe suited for your purpose in this fine book." —Juicers and Recipes

JUICING RECIPES FOR HEALTH, DETOX, AND WEIGHT LOSS Millions of people have reported a dramatic difference in their health, weight-loss efforts, and energy levels when they increased their daily intake of freshly-made juices. Juicing of vegetables eliminates the fiber, leaving only the nutrients in a concentrated liquid. Eating twenty carrots every day would not typically be possible, but juicing twenty carrots a day makes it easy to consume a high level of nutrients. The fresh juice from vegetables or fruits is rich in vitamins, minerals, antioxidants, and enzymes which are often destroyed when produce is cooked or processed. The 101 juicing recipes in this book are divided in the following way: 30 detox juice recipes (mostly greens, bitters, detox herbs and spices, as well as dandelion root, burdock root, red clover, milk thistle, turmeric) 30 nutrient-rich juice recipes for energy, improving health, and lowering inflammation (vegetables and fruits rich in vitamins such as pomegranates, blueberries, apples, Swiss chard, apples, parsley, kale, ginger, radish, Manuka honey, organic maple syrup) 30 weight-loss juice recipes (green vegetables, spices, herbs, and low-sugar fruits known to promote weight loss such as bell peppers, spinach, cucumbers, ginger, apples, grapefruit, banana, raspberries, chili, lemon, cinnamon, chia seeds, flax seeds, cayenne pepper, coconut oil) 10 health-specific juice recipes

The Healthy Juicer's Bible

The Juice Generation

Juicing Recipes Bible

The Healthy Smoothie Bible

Daniel Fast Juicing Bible

The Juicing Bible