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100 Best Juicing Recipes - For Weightless, Detox, Health, And Beauty



Synopsis

Want to learn more about juicing? Do you want to get more nutrition naturally without taking a pill? Cy Mann has been juicing for over 20 years and has put this book together with the best juicing recipes that he created as well as tips on how to juice to get the most benefits. With over 100 juicing recipes you are sure to fall in love with some of these amazing recipes. **Table Of Contents Have Been Updated

Book Information

File Size: 299 KB

Print Length: 153 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 20, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00E2QSXJ8

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #544,168 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #114

inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #639 inÂ Books >

Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #855 inÂ Kindle Store >

Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages

Customer Reviews

After a recent visit to the doctor where I was warned about my blood pressure and ordered to lose some weight, I decided to buy a juicer. Little did I know that juicers aren't as easy to use as they show on the infomercials, I quickly put it in the back of my cupboard, never to be used again. That was until I found this book! Forget the owner's manual, this book should be included with every juicer sold! It is so much more helpful and informative than any owner's manual could ever be. Not only is this book full of easy to understand recipes, it also has a lot of helpful hints and some tips on how to get the most out of your juicer. After reading this book, I think I can get my sodium intake under control and even lose some weight in the process. The book is very well written and the

recipes are delicious, even that spinach one! With fruit and vegetable season coming into full swing, everyone should have a juicer and this incredibly helpful book!

I recently watched a documentary on Netflix explaining that most people are essentially undernourished because while they are consuming an over abundance of calories in processed foods, none of the 'empty' calories we're consuming as a society contain the nutrients the body needs to thrive. Most food sold in the supermarket today (excluding produce) is created in a lab to look, taste and smell good - fueling the body with adequate nutrition is not the priority in said lab's equation. The documentary briefly touched on juicing as a means to get some nutrition back in the body and my immediate thought was 'well, why not'? This book was everything I was looking for in an introductory juicing book and then some. The introduction to the book touched on and supported everything the documentary I had watched had highlighted, delving into the themes of nutrition with marvelous detail. "100 Best Juicing Recipes" also contains an 8 day meal plan for those looking to detox - complete with exquisite looking recipes I can't wait to try. And the juicing recipes were nothing short of amazing - there is literally a juice for everything from weight loss to building immunity. I seriously cannot recommend this book ENOUGH. It is a must have!

This book was so informative and explained everything I needed and wanted to know about juicing. I really want to lose 50 pounds and had heard from countless people how not only is juicing so good for you but it will help you lose weight fast and in a healthy way; this is why I bought this book. I have tried some of the recipes and already feel a real energy boost and, as a bonus, my skin and hair have gotten healthier too. There is at least a few recipes in here that everyone will love as well gain the many health benefits provided by juicing. The author suggests replacing up to four meals a week with juicing which is completely realistic for anyone (even a junk food junkie like me!) I also love how the book talks about the difference between organic and non-organic fruits and vegetables and if it is worth spending the extra money on organic. It also suggests a few juicers to try. Overall, this is a great book for anyone wanting to try juicing as a way to get (or stay) healthy. Job well done!

Definitely the best juicing book that I have ever come across. I have read close to 5 now but none of the others bothered to go over all the background factors such as farming, juicing basics, and what blenders are the best. The book really goes above and beyond and with there being so many different recipes - I'm sure anyone could find a lot that they like and could use to stay healthy. There

are also some meal plans and some very comprehensive information on why each recipe is healthy for you in their own way. I have tried a few already and they are much tastier than I had anticipated, I can't wait to pick up a new blender (thanks to this book) and try out some of the others. I learned a lot about which vitamins are beneficial for certain organs and parts of the body and I can definitely say I am now quite knowledgeable about everything there has to do with juicing after reading this.

As an American, I have been in a funny time in my life where I have not been able to get health insurance. Hopefully that will change, but for now I have had to get inventive about my health. I can no longer rely on medical doctors to fix what is wrong, so I have thought about health from the inside out. One way to do that is by going back to the basics, and eating real food from a garden. Juicing takes that one step farther, by extracting the good stuff (minus the fiber) to deliver a potent mix of vitamins and nutrients to my system, while letting my digestive system have a break. This booklet does a great job of covering all the basics of juicing, the reasons why you should do it, but more importantly, it reviews specific juicing machines so you have an idea of what to buy. I never knew there were so many different types of juicers! It also has juicing recipes, and not only does it tell you what to mix up and in what quantities, it lets you know the benefits and nutrition of the mix. Great guide!

I could not believe how consuming processed foods can negatively impact your overall health. After reading this book i am now on my way to detoxing my system and improving my health from the inside out. It all begins with my daily juicing regimen. I now only purchase foods that are grown organically and it is worth it! I also, understand about GMO's and how it impacts your health. For years, i thought i was a healthy eater and doing a great job but i was not. I now fully understand that it starts with the seed, soil and fertilizer in which it is grown to be organic. Also, the recipes provided are abundant and easy to follow. I definitely recommend this book to all.

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