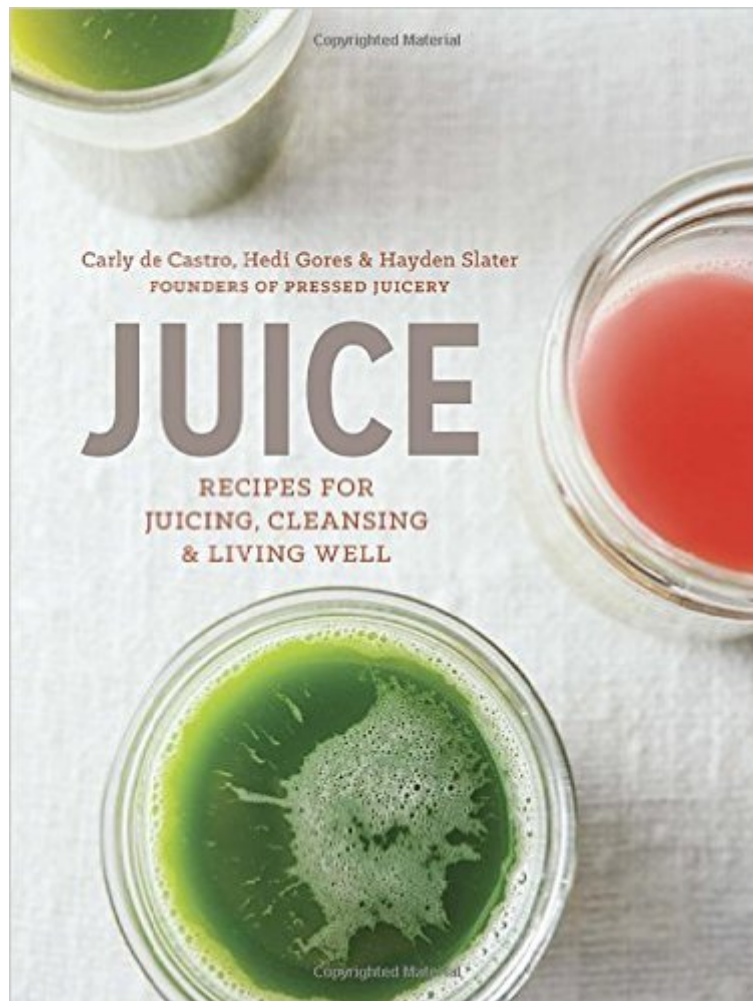


The book was found

Juice: Recipes For Juicing, Cleansing, And Living Well



Synopsis

A lushly illustrated and accessible guide to juicing and juice cleansing, featuring 75 recipes for making organic juices, milks, and other concoctions at home to provide the vital nutrients a healthy body needs to function at an optimal level. Once considered a fringe practice of raw-food zealots, juicing has gone mainstream. In this beautiful full-color health guide and cookbook--which requires only a juicer or blender to use--the founders of Los Angeles-based Pressed Juicery explain how juicing and juice cleansing can be part of a fit and healthy lifestyle. Featuring seventy-five recipes for the shop's most popular juices--including greens, roots, citrus, fruits, aloe and chlorophyll waters, and signature beverages like Chocolate Almond and Coconut Mint Chip--this inspirational handbook outlines the benefits of juicing, explains how to do a juice cleanse safely, and shares testimonials from people who have experienced personal health transformations after integrating juice into their lives.

Book Information

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Customer Reviews

A lushly illustrated and accessible guide to juicing and juice cleansing, featuring 75 recipes for making organic juices, milks, and other concoctions at home to provide the vital nutrients a healthy body needs to function at an optimal level. This picturesque book is my kind of cookbook! Full of lovely photographs. It made me want to start working on my health in a whole new way! I love those kinds of books! What do you do when you wake up in the morning? How do you energize, uplift, and get yourself going? do you think I have to exercise and it is going to take a long time. stop and think again my friends! Just drink a green juice or another juice from this wonderful cookbook! Juice

by Carly de Castro, Hedi Gores, and Hayden Slater, so many grand recipes. One example: The Goods: 3 or 4 dandelion green leaves (to taste), 1 large or 2 small peeled cucumbers, 2 celery stalks, 1 peeled lemon, and 1 small green or red apple. The Benefit: Detox. Why it Works: "Dandelion greens are antioxidant and diuretic, plus they detoxify and cleanse the liver, kidneys, and digestive system. They're a real nutritional powerhouse." My kind of cooking. So easy to make every day at any hour! ? The book not only provides a hundred or so recipes for juices, blends, and milks, but it also is extremely pleasing to browse. The Goods: 1 peeled pink or ruby red grapefruit, and a small handful of fresh mint leaves. The Benefit: Curbing cravings. Why it Works: "This is one of our simplest juices. Grapefruit contains soluble fiber called pectin which help fight hunger. That's why grapefruit is commonly included in weight-loss regimens.

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