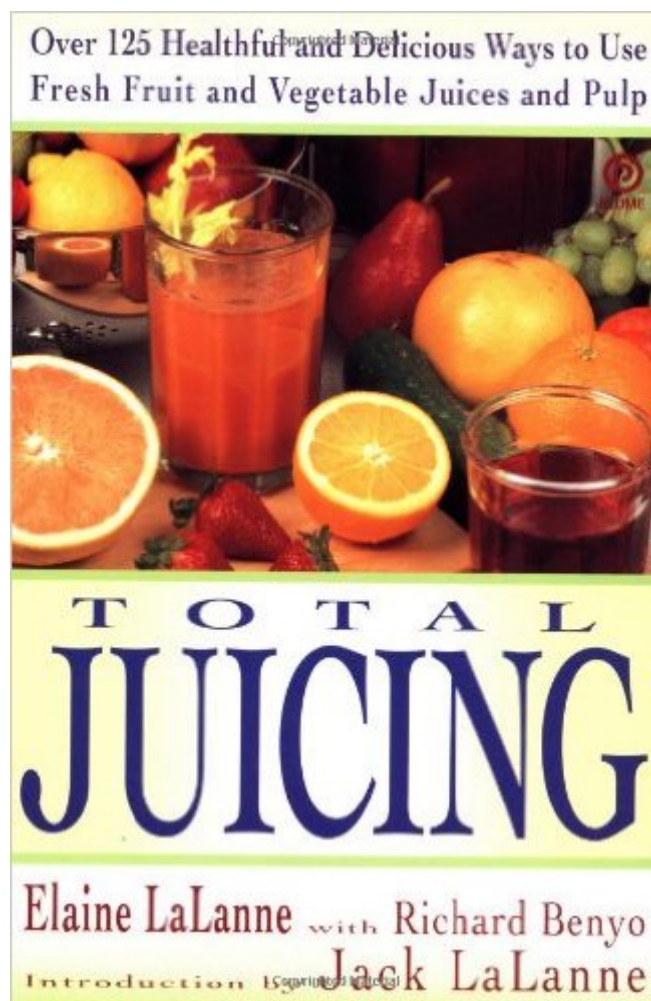


The book was found

Total Juicing: Over 125 Healthful And Delicious Ways To Use Fresh Fruit And Vegetable Juices And Pulp



Synopsis

Lose weight; lower your blood pressure; boost your energy levels; prevent psoriasis, stomach ulcers, arthritis, anemia, gout, and even cancer; and feel years youngerâall in your own kitchen. Jack and Elaine LaLanne led a nutritional revolution in the United States, helping millions of people to discover juicing as an easy, inexpensive, and delicious way to enjoy amazing health and nutritional benefits. Take control over your well-being with antioxidant- and supernutrient-filled fresh-fruit and vegetable juices, and the fiber-rich pulp that your juicer leaves behind. With more than 125 mouthwatering recipes for breakfast drinks, lunchtime refreshers, dinner beverages, and flavorful desserts, Total Juicing also provides:

- An A-to-Z guide to juicing, vitamin and mineral content of fruits and vegetables, and the health benefits of specific foods
- A weight-loss program that works
- The dos and donâts of making and storing juice
- Baby-food recipes
- Original recipes that use fiber-rich pulp
- Tried-and-true guidance on a healthy diet

Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (122 customer reviews)

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Customer Reviews

I picked up Elaine's book in Barnes and Noble in Dec of 2007. While I was still having heaps of fun with my juicer, I was in dire need of some exciting recipes, even as experimenting with countless fruits and vegetables with my own creativity was still fun. The book is a wonderful resource if you want to know exactly what benefits each fruit, vegetable and herb has and what application is good for it. She also has tons and tons of recipes, some of them seem really odd combinations so I didn't try them and I consider myself a rather adventurous juicer. One thing though: I'm afraid I did not

agree with Elaine's suggestion of having the green juice with a meal or a snack. I would highly recommend AGAINST that advice for the following reasons: From all my other research, green juices should be drunk in a reasonably empty stomach so that it is absorbed immediately by your cells. No food should be ingested in the next hour at the minimum and if you can go longer, even better. This way the juice can have the best results which is to help your body eliminate waste. If you have nausea or light-headedness, a light cracker can help settle the stomach. Cracker is dry, easy to digest, and soothing for nausea but that's only if you react poorly to the juice which I have rarely experienced. The very best parts of the book are Chapters 4 and 5. Chapter 4, Essential Ingredients: She talks about nearly all fruits and vegetables, the benefits of each, whether they juice well, what they mix best with, top nutrition provided, and other related advice Chapter 5 with the 125+ Recipes: The recipes are good and abundant, covering every fruit and vegetable imaginable.

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