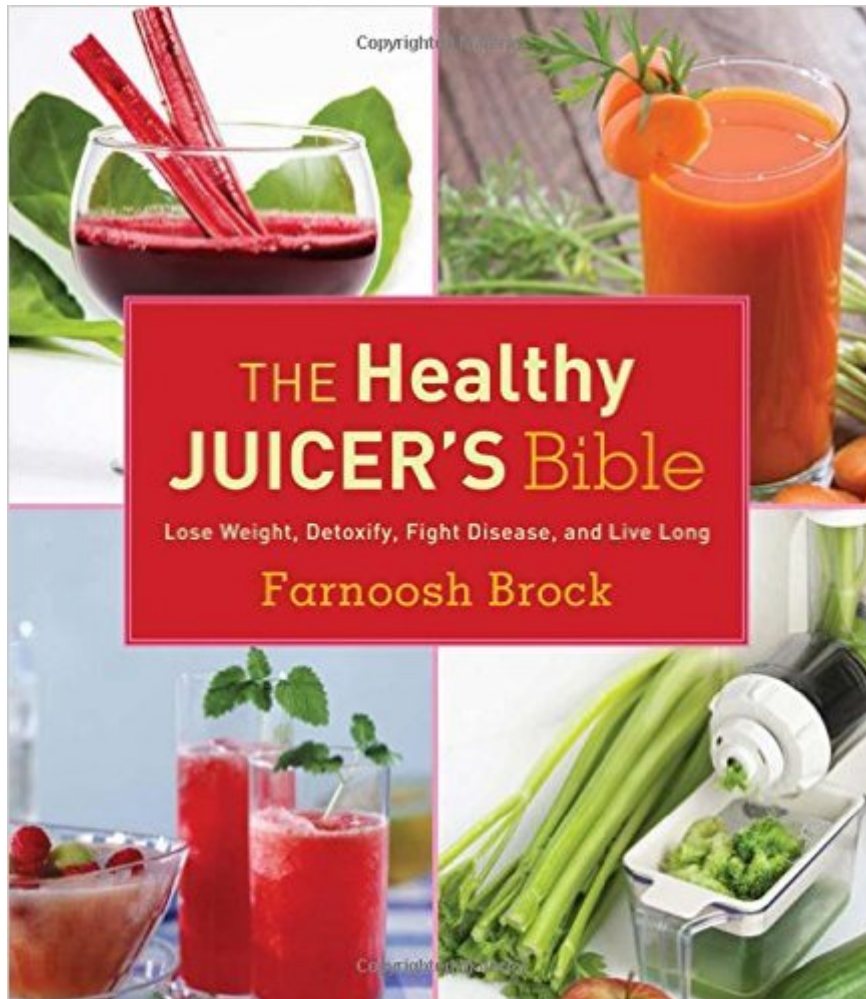


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# The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, And Live Long



## Synopsis

Whatever your fitness regimen, health goals, or daily routine--this is a massive book of juicing tips, guides, and how-to plus recipes for every occasion. A Comprehensive Guide for All Your Juicing Needs Free radical-fighting blueberries, nutrient-rich kale, or protein-packed spinach--every fruit and vegetable you can think of pairs up in this juice bible for devoted followers of the juice craze that's sweeping the nation. A passionate green juicer for over five years, author Farnoosh Brock shares her knowledge, discoveries, best tips, and lessons learned from her years of green 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. Uncertain how your body will react to green juicing with a sensitive stomach? Wondering how to stay motivated after the initial excitement wears off? Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward in this journey. She shares details on the benefits of juicing for life and on forming a habit. Whatever your fitness regimen, health goals, or daily routine--this is a comprehensive resource discussing every aspect of the wonderful world of juicing!

## Book Information

Hardcover: 288 pages

Publisher: Skyhorse Publishing; 1 edition (March 6, 2013)

Language: English

ISBN-10: 1620874032

ISBN-13: 978-1620874035

Product Dimensions: 7.5 x 6.4 x 7.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (212 customer reviews)

Best Sellers Rank: #266,786 in Books (See Top 100 in Books) #40 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #58 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #222 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

We are so incredibly happy with The Healthy Juicer's Bible! My wife and I have been juicing for well over a year and sort of "fell into a rut" with our juicing. What I mean is...we kept doing the same 1 or 2 recipes over and over again Not a huge deal but after a few months of the same juice it gets a

little "routine." We wanted to put a little more excitement in our juicing life and along came this book! Let's just say that things got a lot juicier around here! This book is great for all levels of juicer; someone just getting into juicing, someone who is a regular juicer, and even expert juicers will find some great new recipes and guidance. From discussing the benefits of juicing, through how to select a juicer, to the holy grail...conducting a juice fast...this little book covers it all! Now the bonus(s): This little book is beautiful! At 288 pages, the content certainly isn't "little", but the size of the book is perfect! At about 7" x 6" it's the perfect size to handle easily without being unwieldily. And the pictures? BEAUTIFUL!!!! So, if you're on the fence between this book and others, we found this to be the most comprehensive, well rounded, easy to follow and informative for all levels. Further, it by far has the most recipes of any other book we've purchased. So, bottom line, purchase The Healthy Juicer's Bible with confidence, knowing that it's a powerhouse of great tips, information, pictures, and amazing recipes! Enjoy!

Even though I rated this book 3 stars I would buy it again and again. Let me start with the cons...1. There are more stories, more information (of which some I take issue with) than recipes. I believe the author has answered these complaints by stating there are 47 juicing recipes in this book. That's not a small number of juices to sneeze at, but when you break it down by, "fruits & veggies I don't juice or can't find or that aren't in season" or I can't juice wheatgrass in my machine...the number seems to shrink. The juice recipes are from p. 135-172. 1-2 per page. The text of the book is 281 pages. If you are looking Purely for juicing recipes & not information this book is not for you. Remove half a star. There pulp recipes & suggestions though.2. Benefits are not discussed...when I handed my BF a glass of juice he asked...what's this one do? Many other books breakdown the benefits of the recipes. I know collards are rich in magnesium, cucumber is hydrating, etc. in comparing to other books I own, it doesn't give that vital info. I need magnesium & adrenal boosters for example. I am familiar Veggies that give me that benefit, a beginner may not! I'd have to remove half a star for this one.3. The masticating vs centrigral juicing machine argument...sigh. I do believe masticating juicers are best, but I own a centrigral juicer. And I store my juice, typically for less than 12 hrs. I juice during the workday. I am disappointed that Ms. Brock provided no scientific study/research to back her statement "you need to have a masticating juicer to store your juice". I have seen her conditions quoted verbatim on several websites. There was only one scientific study I could find (from food matters) that compared the two types of juicers, temp, effect on veggies, etc. I did not find one study conducted on the nutritional content of masticating vs centrigral juices after they have been stored 8-12 hours. I would hate think a

centrifugal owner would toss aside juicing during the work day or a juice fast altogether based on her advice. Remove 1 star for failing to provide references. Is this a fact or an opinion? Pros 1. Great little book nonetheless. She re-inspired me to continue juicing which her statement "juice should taste good"! Whoa, no other book I own addresses taste. I have been a hold your nose, drink it down juicer for a few weeks. I have had her "green explosion" and it's delicious! I will edit this review with my fave juices from her book from time to time. I believe there will be many. 2. She addresses planning ahead, shopping, cleaning & storing for your veggies. She discusses veggie shelf-life. I have been googling that info, so I am thankful to have it in a book. Her advice is good and solid and will declutter my fridge a bit and make taking my veggie inventory easier. She addresses what to & not to juice. Some may think it silly, but a friend asked if she could juice a banana. I laughed, but it sparked a debate at work! 3. Inspiration. She provides it in bulk. 20 juicing benefits, her personal story, short stories of others she has helped. In full disclosure I own 3 juicing books. I have been juicing since March '13. I believe this will be the tastiest juices of the 3, in terms of reviews she has received the 2nd highest review. (The juice lady provides no index!!! & other complaints). In terms of useful scientific information about juicing & juices she has provided the least. All told I would buy it again, just for the tasting juices, her suggestions for alternatives & additions & the inspiration/motivation. I will eventually own about 5 juicing books and am picky about the ones I buy. This makes a good library addition, but I still haven't found that quintessential, all-encompassing 5-star juicing book.

I have to admit I am not a fast reader but I finished this book in just a few hours. It is not your ordinary recipe book. It is a very informative manual on juicing with a STORY. It flows beautifully and on your journey through the book, you will learn all you need to know about juicing in very informal and fun way. I am not a novice to juicing but I was still able to find useful tips. My only wish is that I owned this book when I first started juicing. Some of the topics discussed such as how to pick a juicer, what to do with pulp, how to store juice, how to stick to juicing etc. is what makes the book truly priceless. Further more, it does not only provide many wonderful and delicious recipes, Farnoosh teaches you how to make up your own concoctions. I routinely come back to the "What does and does not work together" chapter. Throughout the book you will find other juicers' stories which bring the topic of juicing into real life. These are just ordinary people like us and it shows you that you can do it too! Enjoy the many benefits of juicing. I healed my eczema in 4 months!

Fantastic juicing book. I usually just throw fruits and vegs into the juicer without really thinking about

it. This book helped me get excited about the taste, the smell, the whole experience of juicing. The Emerald Deluxe is my favorite recipe right now, but I want to try every recipe in the book. After I make all the recipes I am looking forward to creating some of my own recipes. The chapter, How to Improvise: Making Your Own Recipes is going to help me get to the next level! I ENJOY this book! :)

This was a very good, informative, beginners guide for juicing. Let me start by saying that I did NOT purchase this book with the intent on going on a juice diet. I just wanted a book to explain the pros and cons of different types of juicers, as well as the benefits of juicing certain fruits, and vegetables. This was all new to me, and I needed a book to reference. That being said, I actually read this book from start to end. The authors writing style kept me interested, and I found her recipes to be quite easy to make. None of the ingredients were difficult to find. Most of the juices tasted great too. I strongly recommend this book as a starter book for juicing. It has helped me tremendously, as I am no longer afraid of my juicer, lol

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