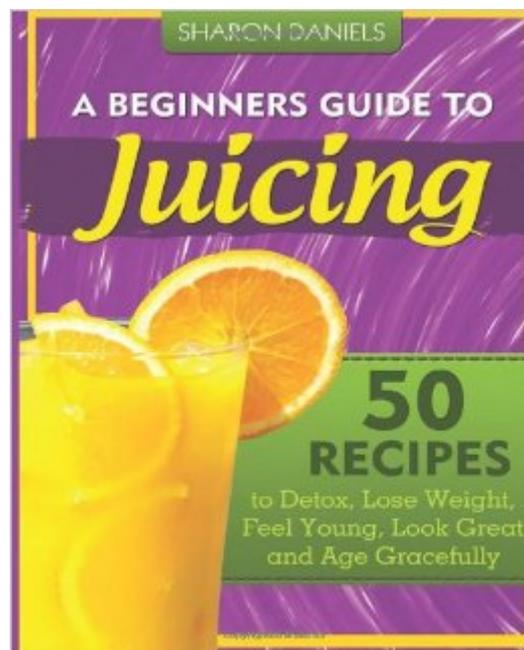


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# A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1)



## Synopsis

With such an increased emphasis on health and nutrition, which comes on the heels of the rising obesity epidemic, many people are researching ways to look and feel good. In fact, there are hundreds of different products out there, all claiming to help you lose weight, strengthen your hair and nails, better your complexion, boost your immune system and mental strength. The truth of the matter is, most miracle weight-loss and beauty programs are just money-making schemes from big corporations. In fact, these products can do more damage to your body than good. So where do you turn? There's something out there that's way better than all man-made products combined. Something that actually works. And you're holding this miracle in your hands. Juicing is an all-natural, all-clean method of losing weight, looking beautiful, becoming mentally stronger, and even a way of cleansing your system of toxins. And the best part is that it works, and it's been proven to work by thousands of people - not by paid advertisers, but people like YOU.

Juicing is a natural cure, treatment, and prevention aid for almost any of life's ailments, illnesses, and disorders. It's cheap, convenient, and best of all, its benefits are enormous. In this book, we'll be running you through the basics, the guidelines, and the golden tips and tricks of juicing. You'll be introduced to fifty delicious recipes that are as rewarding for your health as they are for your taste buds. This book will cover the different categories of juicing:

**Juicing for Cleansing and Detoxification:** This is a big category, as most people associate juicing with cleansing and detox. Juicing is one of the safest and healthiest ways to quickly wash out harmful chemicals and replenish helpful bacteria in your digestive system. Whether you are interested in a full body cleanse/detox, an intestinal cleanse, a liver or kidney cleanse, or whatever else, juicing will provide you with a simple, thorough, and safe manner of doing so. Don't forget, though, it's important to remember before beginning any detox or cleansing program to consult your primary physician.

**Juicing for Weight Loss/Weight Gain:** This is another big category. Though most people turn to juicing for weight loss, many also use juicing as a way to gain weight and bulk up muscle.

**Juicing for Mind and Body** This includes juicing for improved mental function, memory recall, focus and concentration, reduced stress, and anxiety. It also involves Remedy Juicing, which includes juicing to prevent, treat, alleviate pain or suffering, or heal illnesses, ailments, and disorders involving anything from a toothache to cancer.

**Juicing for Healthy Aging and Beauty** Wrinkles, age spots, acne, uneven skin tone, varicose veins, cellulite, stretch marks, eczema, hair thinning, and hair loss - these are just a few of the reasons people juice for healthy aging and beauty. People in this category juice for soft, smooth, moisturized, even-toned, glowing, and radiant skin. They also want to gain bright eyes, a beautiful smile, and strong, healthy hair and

nails. They also juice to assist in a healthy and graceful aging process. Each recipe comes with easy to follow instructions that include: Juice Prep Time Difficulty Level Yield Nutritional Information Everything in this book has been simply stated and crafted, so beginning juicing is a breeze. It is my hope that you too will be able to benefit from the wonders of juicing, just as I have. To your health, Sharon Daniels

## **Book Information**

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## **Customer Reviews**

I would love to give this book 10 stars! The recipes were not only easy, they were also delicious and included useful nutrition information. Made my intro to juicing easy and delicious! In 4 weeks I lost 8 lbs. and I feel great (more energy, better sleep, acid reflux gone)! For breakfast I have delicious veggie/fruit juices that give me instant energy! I no longer crave or drink coffee (ever!), and my sugar addiction has almost disappeared! I no longer drink diet coke and artificial sweeteners are a thing of the past. As a Type2 diabetic I am thrilled with a recent blood test which revealed the lowest glucose reading I've had in over 9 months!

Here's a quick summary of what is inside. First up there is a list of reasons to juice. I personally found this interesting as funnily enough an investment guru I follow was recently talking about his personal journey with juicing and how it helped him overcome a skin disorder that his doctor said was uncurable. Secondly there is a guide to choosing juicers which is kept nice and simple, just a

few hints to help you choose a better model. Next there is a nutritional guide about what specific vitamins and other health properties are in a number of different fruit types. This also includes tips to help you minimise your pesticide intake including a number of fruits the author recommends to only buy organically. Onto the juice recipes. Each recipe is nicely divided into handy categories including: Cleansing and Detoxification, Weight Loss, Mental Acuity, Aging. The steps to follow are simple, nicely laid out and come with a number of tips. For all health conscious people, each recipe comes with dietary information such as calories, sugar, fat, carbohydrates, fiber, protein and sodium. Many of the recipes offered appeal to the tastebuds, such items as the fruit cleanse and the watermelon eruption are ones that stick out for me. Overall it is an excellent book that is sure to appeal to anyone contemplating a juice diet or looking to expand their juicing repertoire.

This is a fantastic Beginner's book for juicing. I saw 'Fat Sick and Nearly Dead' and was blown away to learn all the health benefits. I've been feeling gross since before Xmas and have been needing a change. So I hopped on and picked up three juicing books. This is by far my fave of the three. Well written with the voice of a friend giving advice. The layout is perfect and the recipes look great (haven't tried any YET). I read thru the whole book in one sitting this morning. Lots of great info. I definitely recommend!

This has got to be one of the best juicing books I've seen. There are 50 recipes, all broken down by how they benefit you, rather than "here's some berry recipes". This book lists your juices based on topics like, losing weight, beauty and healthy aging or cleaning/detoxifying. I find that so much more useful and interesting to read. I can see referring to each section time and time again. In addition to the clear ingredients and instructions is the nutritional info- quite helpful. I've been a long-time juicer but usually only juice fruit. I forget how healthy it is to juice vegetables also, so will be trying more of these recipes. They do look yummy! Juicing has got to be one of the best ways to improve our overall health and nutritional intake, and with this book and her 50 recipes I know I'll be juicing to my heart's content for a long time. Simple, easy to read and follow the recipes, and for the low price and many health benefits this is an easy 5-star book. Highly recommended.

OK, I am new to all this, but I was hoping for at least 5-10 recipes to start off where I didn't have to go to a health food store for ingredients or back to supermarket.....I recently bought a ton of fruit, veggies, (apples, broccoli, pineapple, blueberries, oranges, ginger), but only 1 or 2 recipes actually called for what I had on hand. I am looking for common fruits/veggie recipes I guess.

This is a great resource and recipe book all about juicing. The author really gets in depth about the different produce you can juice and the positive benefits of why you should juice that particular produce, like the liver cleanse juicing recipe. As a life long Floridian I have been exposed to juicing tropical fruits, but haven't ventured into greens, so I think this is just the book to help me take that leap!

An amazing juicing lifestyle guide plus recipes! Very well written with all the bases covered. In this book you will discover why you should start juicing if you are not already, how to and what to. For me this statement from the book - "With juicing we can fulfill our daily fruit and vegetables requirements, take in vitamins, minerals, nutrients and boost our immune system with amazing health benefits - all without having to sacrifice a ton of time." sums up why you should get this book, read it and apply! The recipes are lovely and even have the nutritional information of each recipe. I love all the pictures in this book also! All in all a great book - I highly recommend you get it too!

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