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# A Guide To Juicing, Raw Foods & Superfoods: Eat A Healthy Diet & Lose Weight (Reluctant Vegetarians)



## Synopsis

Eat a Healthy Diet & Lose Weight Without HungerÂ "A Guide to Juicing, Raw Foods & Superfoods" is a compendium of information that not only highlights the amazing benefits of adding juicing, raw foods and Superfoods to your diet, it also includes over 30 delicious and easy to follow recipes. It is the first step on your journey to finding the best options for a healthy lifestyle. The authors, Geoff and Vicky Wells, have already begun this journey and are seeing some remarkable results. They are aware that there is an ever-increasing group of people who are looking for natural solutions to their health problems and have sought to provide a number of solutions from their own experiences. The items that are recommended can easily be found in any local farmers market or grocery store and, if your shopping is properly planned, it will not put a strain on your grocery budget. Both the information and tasty recipes in this book are a must-have for any individual who wants to achieve optimal health. It also serves as a reference for those who are just beginning to research the benefits of a juicing, raw foods and Superfoods diet. Now is always the best time to begin your journey to a fitter, longer, healthier life. Here Are Just A Few Headings From Our Linked Table of Contents

What Is Juicing? Types of Juicers What Is A Raw Food Diet? Do I Eat Nothing But Raw Food? What Are Superfoods? Some Highly-Rated Superfoods What Are the Benefits of Juicing? Juicing Helps Boost Your Immune System Juicing Helps Clean Out Your Digestive System Juicing Helps You Lose Weight Juicing Gives You More Energy Juicing Helps You Improve Your Skin and Keeps You Looking Young Juicing Gets Even the Pickiest Child to Consume Vegetables What Are the Benefits of Eating Raw Foods? Weight Loss Better Skin More Energy Lower Cholesterol Digestion More Time You Can Eat A Lot Saves Money Protein What Are the Benefits of Superfoods? And Here Are Just A Few Of The More Than 30 Recipes

Almond Milk Cashew Milk Chocolate and Coconut Smoothie Fresh From The Garden Vegetable Cocktail Geoff's Famous Hummus Goodness Gracious Green Hot Veggie Drink Minty Green Refresher Multi-Bean Salad Peachy Green Smoothie Peppered Strawberries Raw Fruit Salad Raw Veggies and Dip Rice Milk Tomato, Cucumber and Cilantro Salad Very Berry Smoothie Vicky's Granola Almost Waldorf Salad (No Mayo) Nut Butter

## Book Information

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## Customer Reviews

I really appreciated the openness and frankness of the authors in sharing how eating raw foods and juicing changed their health and their life. While they weren't excited about it at first, as they learned more about the food they had been eating, they were compelled to make lifestyle changes. They go on to provide detailed, usable information about superfoods and how to practically incorporate them into your everyday diet. This book has a lot of great ideas to help you get on the right track towards juicing, and eating more fruits and veggies. And then there are a ton of fabulous recipes! I especially like the Multi-Bean Salad, as well as the Frosty Carrot Juice. There are a lot of other great recipes too. For anyone who wants to improve their health and incorporate more fruits and vegetables, this book is a great place to start. It will not only inspire you, but it will give you the tools and recipes to start to make small and gradual changes in your diet. Highly recommended.

This is not a book but a pamphlet. Secondly This pamphlet is not about juicing it is strictly about BLENDING! It in fact shows a blender inside the pamphlet and does not refer to anything having to do with juicing. The title to this pamphlet is absolutely misleading and I'm truthful. The information contained in the pamphlet is so basic you would know 90% of it on your own.

What I especially liked about this book is the interview style presentation of the two authors, in which they candidly give their own personal account of how they incorporated juicing and raw food diet in their own lifestyle and how by doing this they have experienced a happier, healthier life. I also liked the rich variety of recipes, which I definitely look forward to start trying. Highly recommended.

About twenty minutes of reading and a few nice recipes. Glad I did not buy it in print. Not even

certain it is worth \$2.99, but I will probably use a tip or two out of it.

This book is chock full of terrific information covering Juicing, Raw Foods, Superfoods (as the Title says) -- and that's for starters. As an example, would you like to know what Superfoods are actually Superfoods? What Raw foods are best for juicing or eating whole? The included recipes alone are worth more than the price of this book. If healthy eating is of interest (and it should be), this book will certainly point you in the right direction. Nicely presented.

I bought the book and I absolutely HATE it. Give me a break. This book IS called 'A Guide to Juicing...' is it not? So why am I told that the best BLENDER to buy is a Vitamix and nearly every recipe starts with "place in blender"? On page 30, the reader is told about how much they dislike using an actual juicer, so they switched to blending, but somehow this is still juicing. It is not. A more appropriate title is needed here. If you are looking for an actual book on juicing, 'The Healthy Juicer's Bible' and 'The Juicing Bible' are much better resources for a beginning juicer.

There is a lot of value in this book for the price. I feel like I bought 3 books in one plus a recipe book with all that is covered. I'm anxious to start improving my health with what I learned and have many tasty recipes to try. I am very pleased with this purchase.

I expected more recipes - this book is basically describing the individual benefits of different fruits and vegetables, which I could of found online for free. It's a nice book though and it arrived new and quickly, so over all A+.

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Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes)  
(Volume 1) SuperFoods Audio Collection CD: Featuring Superfoods Rx and Superfoods Healthstyle  
Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing  
for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for  
Health, Weight Loss, Energy, Detox and More Smoothies For Kids: 80+ Recipes, Whole Foods Diet,  
Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ...  
loss - detox smoothie recipes) (Volume 40) A Beginners Guide To Juicing: 50 Recipes To Detox,  
Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1)  
Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and  
Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Weight  
Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers  
Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie  
Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight  
Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes DASH Diet for Beginners: Top  
DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1  
Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body 30 Day Whole Food  
Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods  
Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Tea Cleanse:  
7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10  
Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss,  
Detox) Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to  
Eat The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight.

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