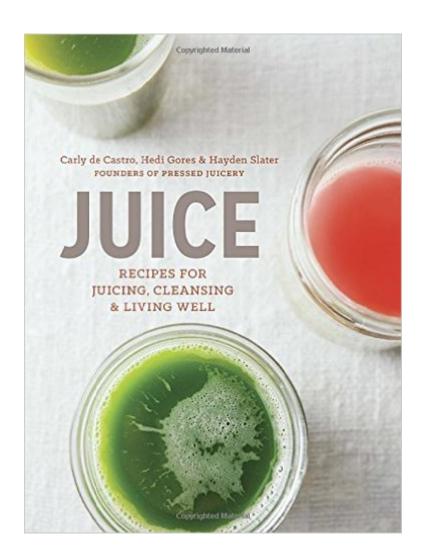
# The book was found

# 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**

Hardcover: 160 pages

Publisher: Ten Speed Press (July 22, 2014)

Language: English

ISBN-10: 1607746271

ISBN-13: 978-1607746270

Product Dimensions: 6.8 x 0.7 x 8.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews (55 customer reviews)

Best Sellers Rank: #169,326 in Books (See Top 100 in Books) #27 in Books > Cookbooks, Food

& Wine > Kitchen Appliances > Juicers #153 in Books > Cookbooks, Food & Wine > Beverages

& Wine > Juices & Smoothies #1391 in Books > Health, Fitness & Dieting > Nutrition

### 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! the What do you do when you wake up in the morning? How do you energize, uplift, and get yourself going? do you think I ahve to ecerise 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, 1â•,2 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.

#### Download to continue reading...

Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Juice: Recipes for Juicing, Cleansing, and Living Well Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for Health, Weight Loss, Energy, Detox and More Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing, Fasting, and Detoxing for Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of Common Ailments The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and desserts A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1) Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body The Juice Lady's Guide To Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables Revised Edition The Juicing Handbook: A Guide to Mixing Over 200 Juice Drinks Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins))
Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Endometriosis: What Your Doctor Doesn't Tell That You Need to Know (Living Well (Collins)) by Morris. Kerry-Ann (2006) Paperback

<u>Dmca</u>