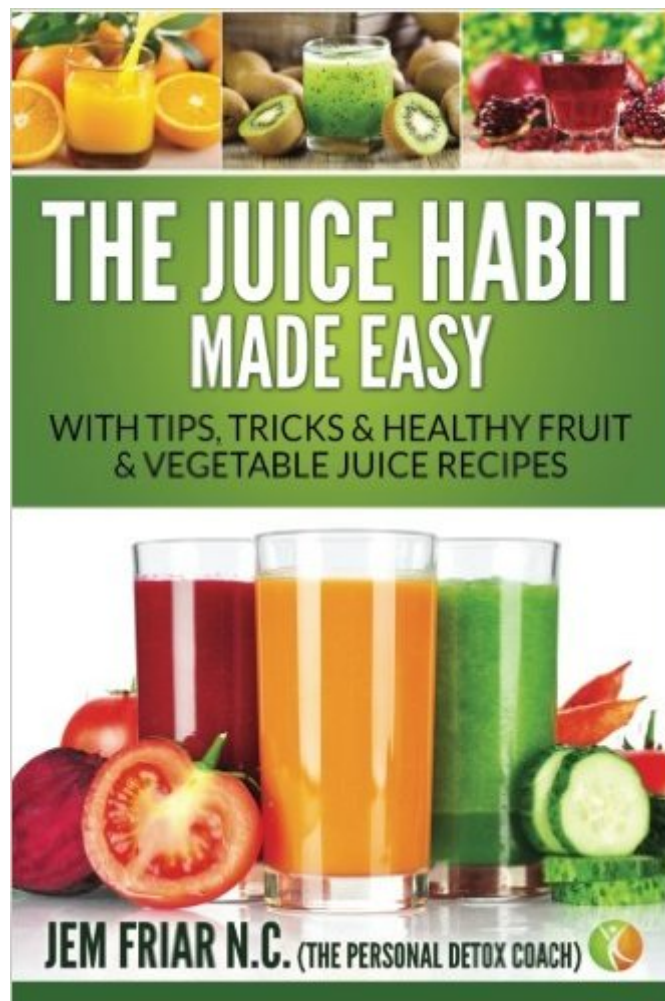


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The Juice Habit Made Easy: With Tips, Tricks & Healthy Fruit & Vegetable Recipes (The Personal Detox Coach's Simple Guide To Healthy Living Series) (Volume 1)



Synopsis

Learn how to effortlessly adopt the routine of regular juicing in your life to boost your health & vitality! This book is for you if you: - are new to juicing - have already tried juicing but struggled to juice as much as you would have wanted to - you juice regularly but would love some more ideas about how to make juicing easier This information can be applied equally to home juicing for health, when following a juice diet for weight loss or doing a juice detox, juice cleanse or juice fast. The author is trained in Naturopathy & specializes in running juice fasting, health detox retreats. He brings a wealth of knowledge that can make it much easier to adopt a juicing lifestyle. The Juice Habit Made Easy firstly gives an overview of all of the benefits of juicing to inspire & inform you as to why it would be good to drink juices more often. The nutritional & detox benefits provided by fresh juices are awesome! It then details how to set yourself up for regular juicing by describing the different juicers that are available (with pros & cons) & letting you know what other equipment you will need in your kitchen. The tips & tricks section provides invaluable & very practical advice to help you to become a juicer. • These suggestions are the result of Jem having worked with & supported thousands of people to embrace healthier ways of living, so they are highly effective & easy to adopt. There is also a chapter on how to encourage children to get into fresh juicing. A must-read for any parent who is trying to make their children eat more healthily. Finally, there are a selection of juice recipes to make at home. These are delicious & varied to encourage the use of a wide range of fruits & vegetables when juicing. All in all this is an incredibly helpful & inspiring book that has been designed to improve your health & vitality by making it very easy to have more fresh juices in your daily life. Grab Your Copy Today - Boost Your Health & Vitality The Easy Way

Book Information

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Customer Reviews

I wanted to know more about making juice from all natural ingredients and *The Juice Habit Made Easy* ~ with tips, tricks & healthy fruit & vegetable recipes was a great book to start reading for the research into this healthy lifestyle habit. Due to allergies to one very common carrier ingredient in processed foods, we eat almost none and make most of our food from scratch. We are increasingly becoming aware as we age that we are not showing the signs of aging that many of our younger friends are showing. We (my husband and I) often talk about the difference in taste in using fresh fruits and vegetables that we can purchase. Adding raw juice seemed like the next logical step in our quest to live and eat healthy. *The Juice Habit Made Easy* covered the different types of juicers, which we do not have at this point, both fruit juice and vegetable juice recipes and tips on how to juice and get the most benefit for the effort of making your own juice. This is a good book to get a beginner started in making juice for healthier living and increase the number of servings of fruit and vegetables in our diet. I highly recommend this easy to read book for anyone that wants to learn more on making natural juices.

So, if you look at some of my other reviews, you'll see that I'm continually on a quest to find ways to offset various ailments and/or symptoms that I battle with on a daily basis and I often find myself turning to juicing, as one means. I picked up a copy of *•The Juice Habit•* to add to my arsenal of reference material. While not quite a quick start guide, Jem Friar does take you through the benefits of juicing including: the difference between juices and smoothies; provides a handy breakdown of the different types of juicers (I now have a new one picked out); tips and tricks to create better juicing habits (chapter 4); and provides you with some juicing recipes, as well as encourages you to create your own. Here are some things that I noticed about this book. The author doesn't emphatically state that you **MUST** do this or that. Instead, he provides examples and options all while encouraging you to make your own habits. The recipes are few, but at the same time, he suggests that you choose those fruits and vegetables that you like (while cautioning about too much sugar). And, as you read through the different sections, he provides tidbits on what goes well together and different ways to offset too much sweet, sour or bitter to make the juices more palatable. And I did sample some of the recipes (thus far) and found that I really liked the ones with

cucumber as they made the juices more refreshing. For many of the recipes that called for lemon, I chose Meyer lemons as they have a slightly sweeter taste. And I found myself adding cinnamon to many of the citrus-based recipes because I really like the flavor. Ultimately, this book is a nice reference for anyone interested in juicing, regardless of your level and there are sufficient recipes to get you started if you are loath to create your own. Oh, and throughout the book, there are links to freebies to help you create a positive juicing habit that won't seem so much like a chore.

The Juice Habit Made Easy with Tips, Tricks & Healthy Fruit & Vegetable Juice Recipes advocates adding regular homemade juices to one's diet, and is more than just another collection of juice recipes and techniques. It comes from an author who runs health detox retreats and juice fasting programs, so it's a thorough discussion of what fruits and vegetables lend to juicing (and which do not), how to care for juicing equipment, and how to make the most of a juice diet. That's really half the book: the second half offers a range of juice recipes that discuss how to juice each ingredient, adjust quantities of added flavors for optimum results, and how to bring the flavors alive with added spices and embellishments. With its survey of kid-friendly juices and techniques for involving the whole family, The Juice Habit Made Easy does more than provide recipes: it focuses on how a fresh juice-enhanced diet can be beneficial for (and accessible to) all.

Lots of clear explanations about the process of juicing and why it makes sense. It has lots of very tasty recipes ranging from relatively sweet beginner juices with fruit to totally vegetable juices that take some getting used to but are really great for you. Wish it had a few more pictures but the instructions with the recipes are definitely adequate.

I am not new to juicing, but I still learned a lot from this little book - things I didn't know. It's not a super long or thick book (I have the paperback version), but it is very helpful. It's easy-to-read, easy-to-follow and includes some tasty juice concoctions (fruit based and vegetable based). I like that the recipes are short and don't require a long list of ingredients; you won't have to spend an arm and a leg just for a few cups of juice. This book isn't just about recipes, though. You'll learn how to choose the right juicer, you'll find out some useful tools you'll want to have in hand, you'll even find tips on inspiring your kids to like fresh pressed juices as well. I found the numbering to be a little off in the Table of Contents (the last few sections), but it's not hard to figure out the correct page numbers. The Appendix is nice and lists all the juice recipe names. I do wish it had the page numbers too, though, but it's still very handy. The tips and tricks included in this book are sure to

come in handy during your juicing adventure. Overall, I think this is the perfect guide for newbies and a great refresher for those who have gotten away from juicing, but want to get back into it. I received this product complimentary in exchange for my honest review. All opinions are 100% mine.

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