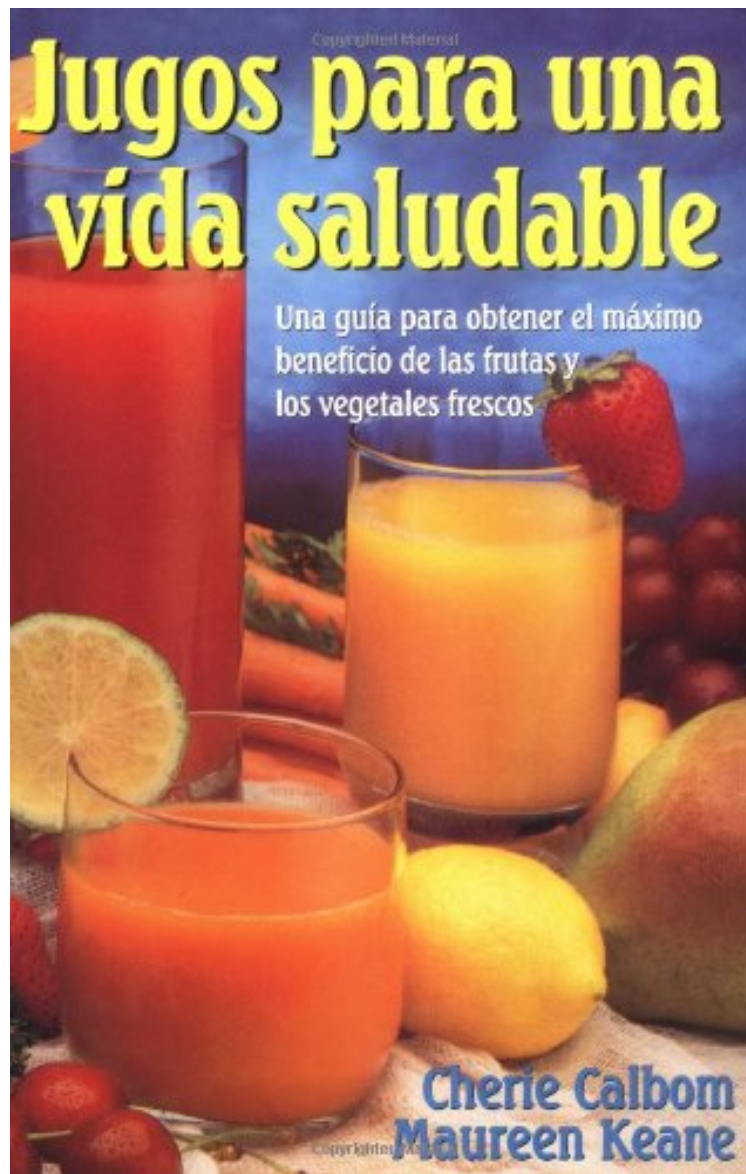


(Library ebook) Jugos para una vida saludable: Una guía para obtener el máximo beneficio de las frutas y los vegetales frescos

Jugos para una vida saludable: Una guía para obtener el máximo beneficio de las frutas y los vegetales frescos

Cherie Calbom

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Cherie Calbom : Jugos para una vida saludable: Una guía para obtener el máximo beneficio de las frutas y los vegetales frescos before purchasing it in order to gauge whether or not it would be worth my time, and all praised Jugos para una vida saludable: Una guía para obtener el máximo beneficio de las frutas y los vegetales frescos:

4 of 4 people found the following review helpful. Healthy diet change/Cambio a una dieta saludableBy Octavio Herrera RuizWhen my wife and I first tried doing juicing we lost weight! After you try some of the recipes you lose any aversion for any weird looking drink and start juicing anything. Amazingly, so far nothing taste bad (even the weird looking ones :-).If you decide to do juicing everyday, I would recommend you look for a good masticating juicer. They are expensive, but you will save in the long run since they get more juice out of every fruit/vegetable.Recientemente empezamos a tomar jugos, mi esposa y yo, perdimos peso! Despues de intentar algunas de las recetas en el libro uno le pierde el miedo a los jugos de dudosa apariencia y comienza a tomar de todo... Hasta el momento no he tomado un jugo que sea desagradable al paladar.Si decides empezar a tomar jugos todos los dias recomiendo que busques un buen juguero de masticacion, que aunque salen caros, al largo plazo ahorraras en la cantidad de frutas/verduras necesarias para hacer un jugo.1 of 1 people found the following review helpful. Jugos para una vida saludableBy Liz FloresI love it, it's great. I bought this book because I own the English version and I have used it for a long time, I love all the recipes, and they really work, I don't think the fact that is not translated properly shouldn't be a problem, because now days anybody uses cell phones with google, I have tried the juicing for prostate problems on a family member, and on the diabetic person, it does wonders needless to say that one can be drinking the juices for one thing and is benefit for something else too. Because the veggies and fruits are so rich and nutrients, one can't never go wrong with natural juices0 of 0 people found the following review helpful. Amazing!!By Sandy RodelaThis book is great!! it contains real juice recipes with instructions and what that juice will help you with.It contains an index of juices, an index of sicknesses you might have then directs you to the juice recipes that will help you cure such sickness.Highly recommended!!!!

Juicing for Life, the best-selling A-to-Z guide to the health benefits of fresh fruit and vegetable juicing, is now available in a Spanish edition. Just like the original, the translation provides complete nutritional programs for dealing with over 75 common health problems. It tells which fruits and vegetables are effective in combating specific illnesses and why. It also offers hundreds of delicious, nutritious recipes to use daily and details which foods to eat and which to avoid.

About the AuthorCherie Calbom, M.S., has been known for her work with juicing and health for more than a decade. She has appeared regularly on QVC for the past eight years with the JuiceLady juicer, the Salton Juiceman juicer, and the George Foreman grills. She is also the author of eleven books on health and nutrition.