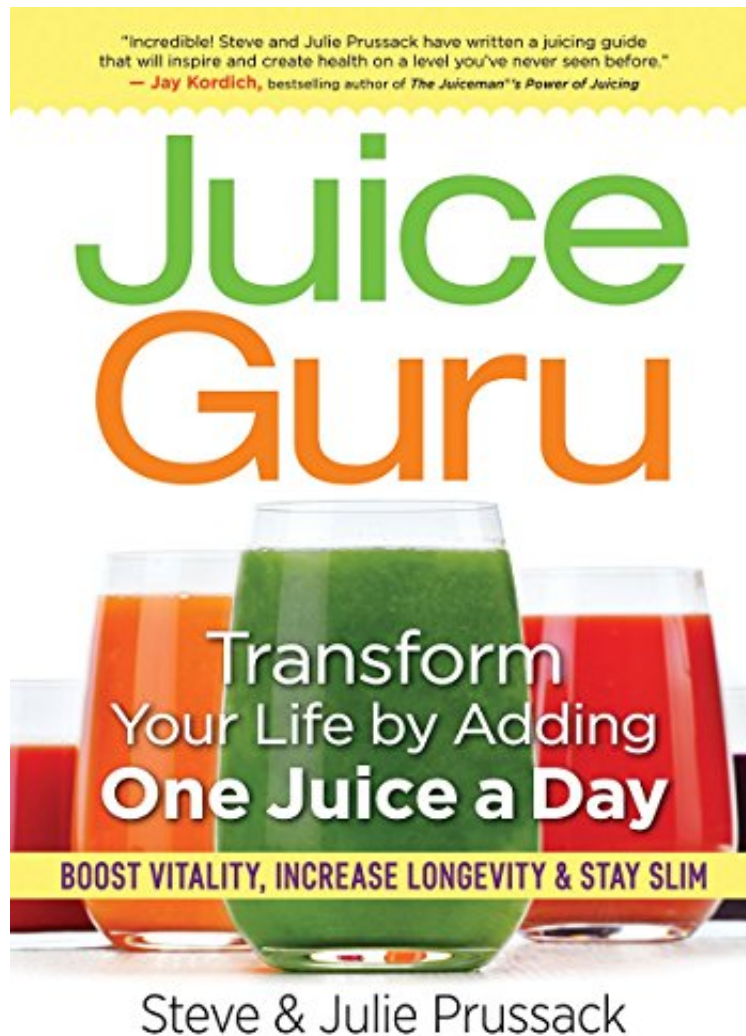


(Download free pdf) Juice Guru: Transform Your Life by Adding One Juice a Day

Juice Guru: Transform Your Life by Adding One Juice a Day

Steve Prussack, Julie Prussack
audiobook | *ebooks | Download PDF | ePub | DOC



[Download](#)

[Read Online](#)

#343459 in Books Prussack Steve 2016-03-21 Original language: English PDF # 1 10.00 x .50 x 7.001, .0
#File Name: 0778805298240 pages Juice Guru Transform Your Life by Adding One Juice a Day Boost Vitality Increase Longevity Stay Slim | File size: 27.Mb

Steve Prussack, Julie Prussack : Juice Guru: Transform Your Life by Adding One Juice a Day before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice Guru: Transform Your Life by Adding One Juice a Day:

7 of 7 people found the following review helpful. Simple, Cheap, and So Rewarding By A. Walters This book is comprehensive, they've got it all, not just anecdotal or generalized advice and recipes but serious, detailed help to incorporate a large amount of fruits and vegetables into your daily diet. That's huge. I spent ten days at a nazi health retreat doing juices, wheat grass and raw food. Sure I "detoxed" lost fifteen pounds, learned how to sprout, grow wheat

grass, learned about raw food, juicers, blenders, dehydrators. I got all sorts of books and DVDs on changing my diet with raw foods but, my god, it is so time consuming, which adds stress, which defeats the purpose because I gave up. And in all that research and trial testing to implement that, I never read about how to emotionally work my way into it like Steve and Julie have done in their \$14 book. Dr. Cousens is a person I highly respect and have read his books, so I was impressed that he helped and reviewed this book, that impressed me. I've always thought there has got to be an easier way to eat more raw food without going totally raw or vegan but I never considered just do one juice a day first thing in the morning and don't change anything else. So I'm working my way into that, meanwhile I am super busy but over the last four days (I started 5 days ago) I've noticed a difference in my complexion. So overall, I think it's an important book, even though there are a billion juicing books out there, I think this one has a lot of worthwhile information beyond the recipes in an easily readable layout so you can grab the facts and move on or read deeper if you choose. The fact that the authors offer recipes for the pulp is truly brilliant.

6 of 6 people found the following review helpful. From Smoothie Girl to DAILY JUICER! By Smoothie Girl My husband, children and I recently finished a thru-hike of the Appalachian Trail . . . every step of its 2,189.2 miles. It was a magnificent journey! . . . but it took its toll on our health. We like to eat well. Oodles of fresh fruits and vegetables. At least one fresh smoothie every day. Until, that is, we spent nearly 6 months back-packing. Eating fresh foods regularly was unrealistic. The weight alone was impractical to carry. Space . . . perishability . . . bruising . . . crushing . . . attracting wild animals . . . all of these considerations made carrying fresh foods in a backpack either difficult or downright impossible. We ate fresh whenever we could: each time we hiked into towns . . . when kind and compassionate strangers offered us free meals or a part of their own picnic lunches . . . a salad here . . . an orange there. We were grateful for every juicy mouthful! One day I carried more than 10 pounds of fresh fruit (mostly grapes) in my arms as we hiked out of a small town and back into the woods. It was far too delicate to place in my crammed backpack; so I cradled it in my arms; we shared it amongst ourselves as we trudged along the trail. It was worth every delicious ounce! (Even though my arms and shoulders ached from the experience). For most of those 2,000+ miles one thing persisted: a craving for pure, fresh juice. Up and down the mountains, through the rivers, over the rocks and boulders, I thought about juice. I longed for it. I finally told myself that when I finished the journey I would buy a juicer. This was a relatively new thought, because I was a smoothie girl. I knew nothing about juicing. We completed our thru-hike on a Friday. I spent most of the weekend in a hotel bed, resting my worn-out legs. When we returned home I realised that I could barely climb the carpeted steps in my house! My body was so depleted of the vitamins and minerals it needed for optimum health. I recognised that I not only desired a juicer . . . I needed one! But where to start?! The search was daunting, to say the least. There are so many options and conflicting opinions. I couldn't just buy the first juicer I stumbled upon. I needed to do diligent research. In the process, I found Juice Guru. I ordered the book and it finally came! I was so inspired by the book that I began to prepare "juice kits" for the next few days (see attached photos). I measured, washed, and dried the ingredients for the juices I planned to drink in the next few mornings. Stored in glass bowls in the refrigerator, they were ready to quickly chop and juice as soon as I needed them. I CAN DO THIS! And so can YOU!

Back to the book . . . here are some of its many strengths:

- *It is inspiring and encouraging! It showed me that daily juicing is really possible.
- *It includes a great deal of helpful background information.
- *The explanations (from juicers to juicing) are clear, well-organised, and easy to understand.
- *There are many practical tips, including a toolkit for success (how to set up your kitchen space, essential juicing accessories, staying on track, juicing on a budget, juicing away from home, etc.). These are tips that new juicers (like me) truly need.
- *There are multiple recommendations for using the pulp (several recipes and other suggestions). This is one of the key reasons I chose and now recommend this book. Rather than wasting the pulp, it is put to good use.
- *This book includes a wide variety of recipes.
- *There are recipes that are especially appealing to children.
- *It is easy to read and has a pleasant format, font, and text size.
- *I find it enjoyable to read with a nice writing style and interesting (as well as inspiring) testimonials.
- *Every recipe page includes helpful tips. I appreciate that each recipe that includes cucumbers (for example) has the tips for selecting cucumbers on the same page.

I would be remiss if I neglected to mention in this review how my sons (ages 10 - 14) responded to the book the moment it arrived in the mail. They were EXTREMELY excited! The colourful cover and full-cover photos immediately attracted their attention, and they eagerly perused the recipes. I gave them 3M flags to mark the recipes that they wanted to try first. To my delight, they chose recipes with both fruits AND vegetables. (Juicing for life, here we come!)

At this point, I can HIGHLY RECOMMEND that you purchase the book. Especially if you are new to juicing. HAPPY DAILY JUICING!

6 of 6 people found the following review helpful. One Juice a Day... Will Definitely Transform Your Life! By T. D. Knight

Awesome book! Steve and Julie did an amazing job of presenting the latest scientific information on the benefits of juicing. The Case Studies in the book did a great job of explaining the benefits that one can expect to experience once they have formed the habit of drinking just one juice a day. The authors' knowledge of applying the science of habit-creation helped me to easily make juicing a daily habit that I will stick with for the rest of my life. You will absolutely fall in love with the juice recipes in this book! They are delicious! I must admit, I didn't think I was going to be able to stomach all the greens in the recipes. Surprisingly, my favorite juice is the Green Living Lemonade. If you're looking to get healthier, whatever that might mean to you, adding just one juice a day will most definitely help

transform your life! I highly recommend this book! Thanks Steve and Julie!

This book illustrates and explains how just one, well-timed, fresh juice a day can transform health. Going one step further, it helps unravel and apply the science of creating a habit, assuring that juicing becomes easy and enjoyable for life. A daily juice from these recipes provides boundless energy, a youthful vibrancy, a slimmer figure, sharper focus, improved health and the desire to make healthier and improved food choices in general. The best thing about juicing is that anyone can do it and the results are almost immediate. Using the simple and easy-to-follow protocols in this book is a huge step towards improving every aspect of life without a personality change or altering how your time is spent. The 100 flavorful, bursting-with-goodness fruit and vegetable juices here are full of nutritious phytonutrients that promote a healthy lifestyle at home, work or play. This comprehensive book demystifies juicing and helps to remove all the barriers that stand in the way of incorporating this regime for a healthy lifestyle.

About the Author Steve Prussack is the founder of Juice Guru, a business dedicated to spreading the message about juicing for healthy living. He is also the founder of the accredited Juice Guru Academy, which offers courses in juice therapy and health education, and trains juice coaches around the world. Steve is the award-winning host of "Juice Guru Radio" and the founder and publisher of the #1 health-related magazine in Apple's Newsstand on juicing and veggie living, VegWorld Magazine. Julie Prussack is an environmental lawyer and administrative law judge who became an avid juicer when she reunited with her high school sweetheart, Steve. Julie became the first certified Juice Guru Practitioner at the age of 40, and has partnered with Steve to grow the Juice Guru brand. For the past three years Julie has also been a head writer and the Associate Editor of VegWorld Magazine.