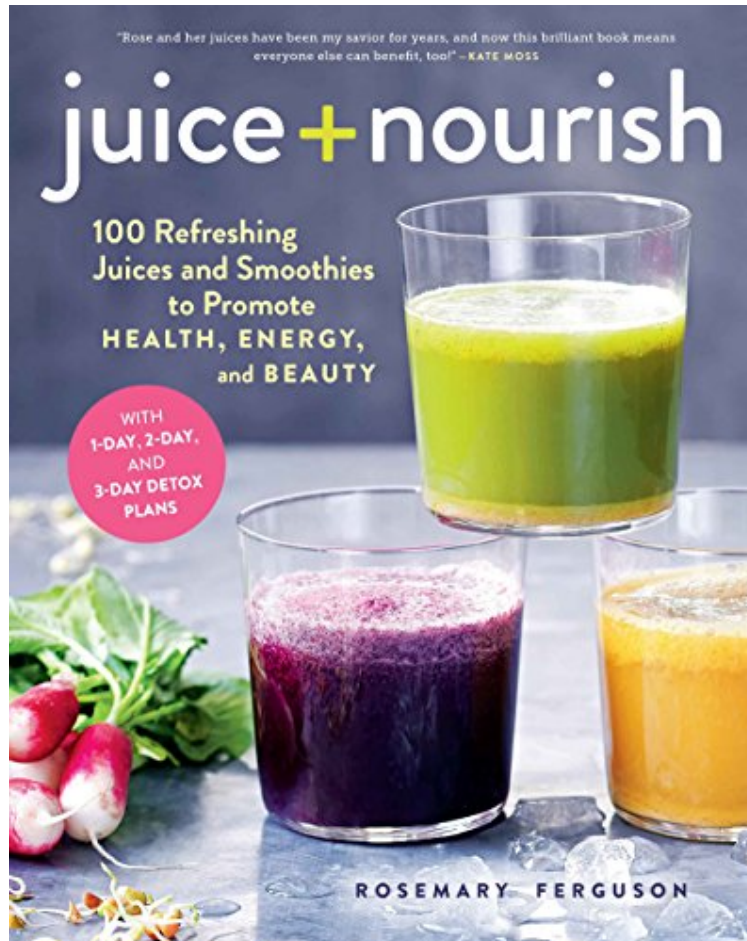


# Juice + Nourish: 100 Refreshing Juices and Smoothies to Promote Health, Energy, and Beauty

Rosemary Ferguson

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**Rosemary Ferguson : Juice + Nourish: 100 Refreshing Juices and Smoothies to Promote Health, Energy, and Beauty** before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice + Nourish: 100 Refreshing Juices and Smoothies to Promote Health, Energy, and Beauty:

0 of 0 people found the following review helpful. Five StarsBy Customergreat0 of 0 people found the following review helpful. Love it easy to follow and great sections for different ...By DeeLove it easy to follow and great sections for different topics example: energize, rest distress ,immunity boosters, anti aging, hair skin, and many more topics.3 of 4 people found the following review helpful. Gave this as a gift to my sister at Christmas ...By arizonamegsGave this as a gift to my sister at Christmas. A lot of the recipes and writing can be located on the Rosemary Furgeson site, I don't think one need order the book to get all of this information. The layout and text is lovely for both book and site.

Simple, inspired recipes to cleanse, heal, and revitalize; plus realistic detox plans and expert guidance on eating for good health. Busy is a way of life for Rosemary Ferguson: she's traveled the world as one of Britain's top models, and today is a professional nutritionist and mother of three. For her, juices and smoothies are anything but a fad—they're a way to pack vital nutrients into your day. By upping your intake of simple, natural ingredients like blueberries, ginger, and kale, you can overhaul your health from the inside out! As Rosemary discovered, skin complaints, headaches, fatigue, and stress can be dramatically improved. Handily arranged by need, the recipes in Juice + Nourish will help anyone: Detox Heal (rehydration, liver cleansers, gut health) Rest De-stress (mood boosters, sleep aids, stress relievers) Care Preserve (anti-aging, healthy skin and hair, weight loss) Protect Strengthen (immunity boosters, cold and cough soothers, anti-inflammatories), and more!

Drink up and feel better. —Redbook Model turned nutritionist Rosemary Ferguson is changing the juicing game. —Vogue.com Rose and her juices have been my savior for years and now this brilliant book means everyone else can benefit, too. —Kate Moss Rose's health always shines from the inside out. —Stella McCartney Rosemary inspires us to heal, strengthen, and balance our health and our lives with every one of her deliciously nutritious recipes and her simple approach to leading a better life. —Calgary Avansino, Vogue (UK) Rose is the epitome of beauty and health. Her Tumeric Dream is my favorite of the juices. It really reboots my system. —Sam Taylor-Wood, English filmmaker (50 Shades of Grey), photographer, and visual artist Rose has a wonderful imagination for juices, smoothies, and raw food. She has a wealth of knowledge in nutrition, health, and holistic matters, meaning that she is one of the first people I always turn to for advice. I absolutely love the book! —Sadie Frost, English actress and fashion designer I love Rose's practical and un-sanctimonious approach to being healthy. She clearly has real expertise, which she employs with a light touch and a playful approach—the Well Man juice is a no brainer. Rose is a testament to her way of living, looking more girlish and radiant as she gets older. Anyone who can look as fresh faced after a party must be doing something right. —Bella Freud, English fashion designer Included in The best juicing books and recipes for 2015 in Psychologies magazine (UK)