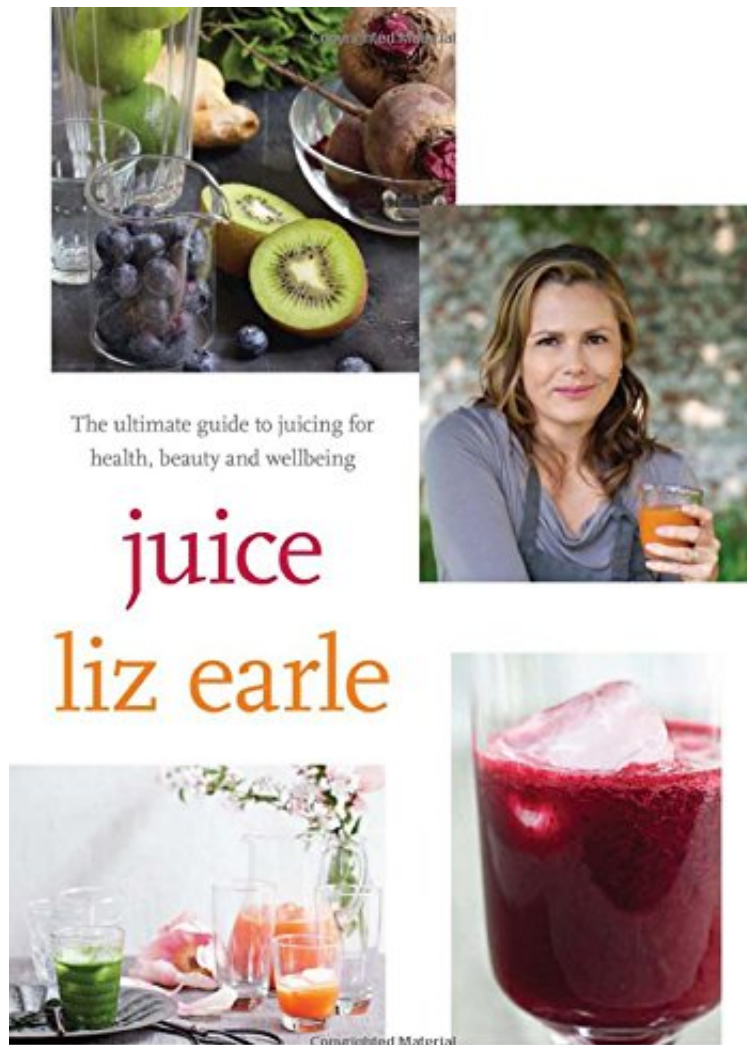


## Juice: ultimate guide to juicing for health, beauty and wellbeing

Liz Earle

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**Liz Earle : Juice: ultimate guide to juicing for health, beauty and wellbeing** before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice: ultimate guide to juicing for health, beauty and wellbeing:

0 of 0 people found the following review helpful. Great resource.By I. FindleyGreat resource for juicing and health in general. Well written and illustrated. Not a big heavy book making it easier to use and carry around.

Juicing is a fast and effective way to get amazing health benefits - from weight loss, improving your skin and vitality to boosting your immune system. The trusted health, beauty and wellbeing expert, Liz Earle, offers delicious recipes

as well as giving the lowdown on her favourite ingredients, why homemade juices are so much better than shop-bought ones and tips on inner-cleansing diets and detox programmes. Packing in your daily veg and fruit has never been so easy!

'The beauty expert Liz Earle is an enthusiastic juicer, and her glowing complexion attests to the benefits that micronutrients in freshly pressed fruits and vegetables can bring.' Telegraph. 'There's no denying that for a woman in her 50s Liz's skin is an inspiration to women everywhere.' YOU Magazine 'Liz has always been committed not only to a natural approach to cosmetics but to the importance of beauty from inside out.' VogueAbout the AuthorLiz Earle MBE is a trusted health, beauty and wellbeing expert who has written a number of bestselling books founded on her life-long fascination for botanicals and natural remedies. After working as a health and beauty magazine editor and TV presenter, she co-founded the Liz Earle Beauty Co. in 1995 - the multinational award-winning beauty brand acquired by Avon in 2010. She remains a consultant to the brand. <http://lizearlewellbeing.com> 'The beauty expert Liz Earle is an enthusiastic juicer, and her glowing complexion attests to the benefits that micronutrients in freshly pressed fruit and vegetables can bring.' The Telegraph.