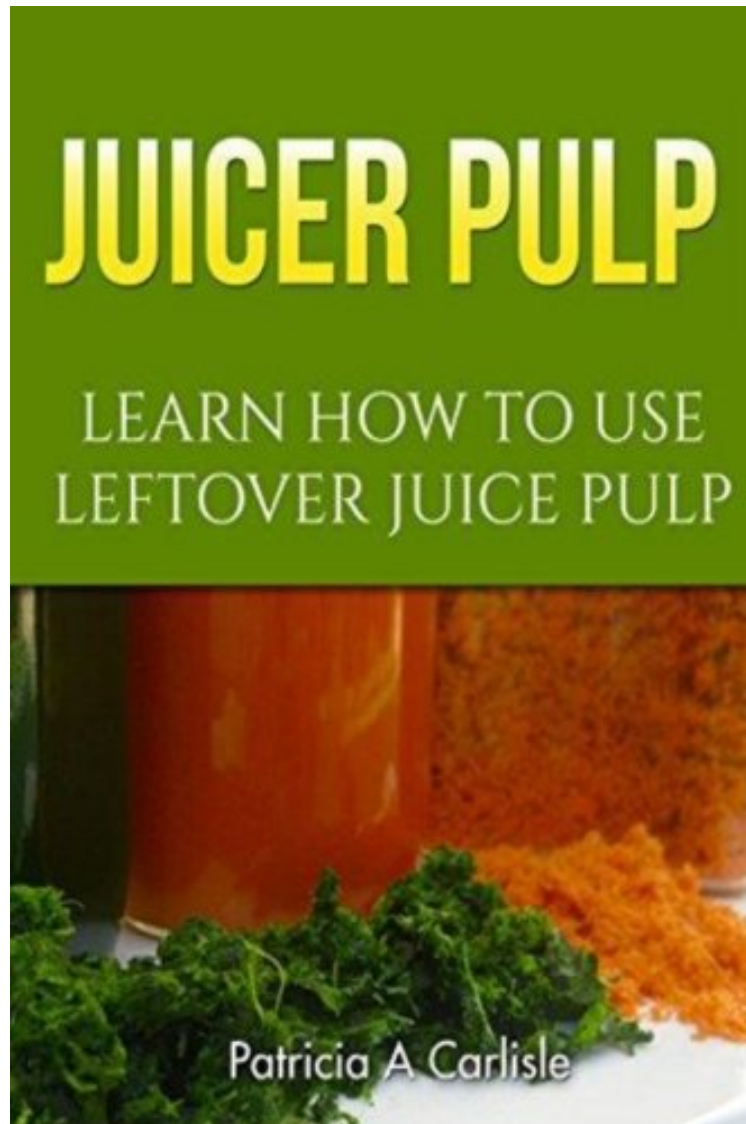


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Patricia A Carlisle

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Patricia A Carlisle : Juicer Pulp: Learn How To Use Leftover Juice Pulp (Juice pulp, juice pulp recipes, juice pulp crackers, juice pulp muffins, juice pulp bread, juice ... juice pulp strainer, juice pulp cup, pulp) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Juicer Pulp: Learn How To

Use Leftover Juice Pulp (Juice pulp, juice pulp recipes, juice pulp crackers, juice pulp muffins, juice pulp bread, juice ... juice pulp strainer, juice pulp cup, pulp):

The pulp, or the fiber, is also known as roughage or bulk. These are the parts of the fruits/vegetables that your juicer retains behind when it separates the juices from the plant foods. There are two categories of fiber soluble and insoluble fiber. Your body needs both of these. When consumed, these fibers do not get digested but pass through your digestive system unchanged. On its way to being eliminated from your body, it adds bulk to your stool and softens it, preventing constipation. This eBook is, after all, about juicer pulp for health, teaching you the means of using juicer pulp.

According to the American Dietetic Association, people need to consume between 25 to 38 grams of fiber a day, but most Americans get nowhere near this amount. This is because most processed foods has no fiber and are filled with sugar, fat, and flour. Juicing is great for your health, but you might not be happy to waste the fiber contained in the produce. When you juice your fruit and vegetables, you separate the liquid from the fiber, so the pulp left after juicing is full of fiber. There are plenty of ways you can maximize the value of your veggies and incorporate this pulp into various recipes. For the non-juicing people, let me define some terms. When you juice something like fruits, or veggies, your juicer separates the juice from the fiber. The juice goes into one bowl and the fiber, the juice pulp, goes into another. Most people who juice just throw away this pulp, and there's nothing really wrong with doing that. After all, most of the nutrients have been extracted and consumed in the juice. But there are some nutrients left in the pulp, and practically all of the fiber, and so I maintain that there is some use in consuming it or at least in feeding it to your children.

About the Author Patricia Carlisle- a Master Social Worker and a Cognitive Behavioral Therapist (CBT) gives out an expression of how important it is for an individual to take into consideration the concept of self-assessment to know what human, technical and conceptual skills they possess to perform or to achieve what they desire, or to deal with everyday life. However, every particular group of people has their own unique set of ideas, traditions and events including the frame of mind according to which people perform but there are many who face problems and fail to maintain a healthy mind set affecting their behaviors and performance to those around them. People like Patricia Carlisle are among those who have felt this urge of serving people and helping them out of their mental crisis towards a healthy life. She has experienced some close encounters in her personal life regarding mental health issues in her family and friends that has encouraged her to pursue this as her career. Currently Patricia Carlisle is serving as a Certified On-Line Cognitive Behavioral Therapist with an extensive 15 years of experience using Cognitive-Behavior Therapy Techniques. She envisions a world where everyone gets mental health treatment with no mental health stigma and to make it real she has already set up her own Holistic Measure Online Comprehensive Behavioral Healthcare Company after retiring from The Nord Center in The Partial Hospitalization Program (PHP) Dept for 5 years and Murtis H. Taylor Mental Health Center as a mental health counselor, psychological support technician and case manager for 10 years to emulsify her skills more professionally. Along with this, she has wrote down her passion as a clinician in 25 or more short books to help individuals and families get their life back, freeing them of the restraints of negative thinking, anxiety and depression by using different approaches. She is highly appreciated among her clients for her flexibility and professionalism of dealing with them graciously. To reach her, make use of her direct website address: <http://therapist2013.wix.com/e-therapy> . As she is ready to inspire hope and contribute to health and well-being by providing the best online health care through comprehensive practice, education and research.