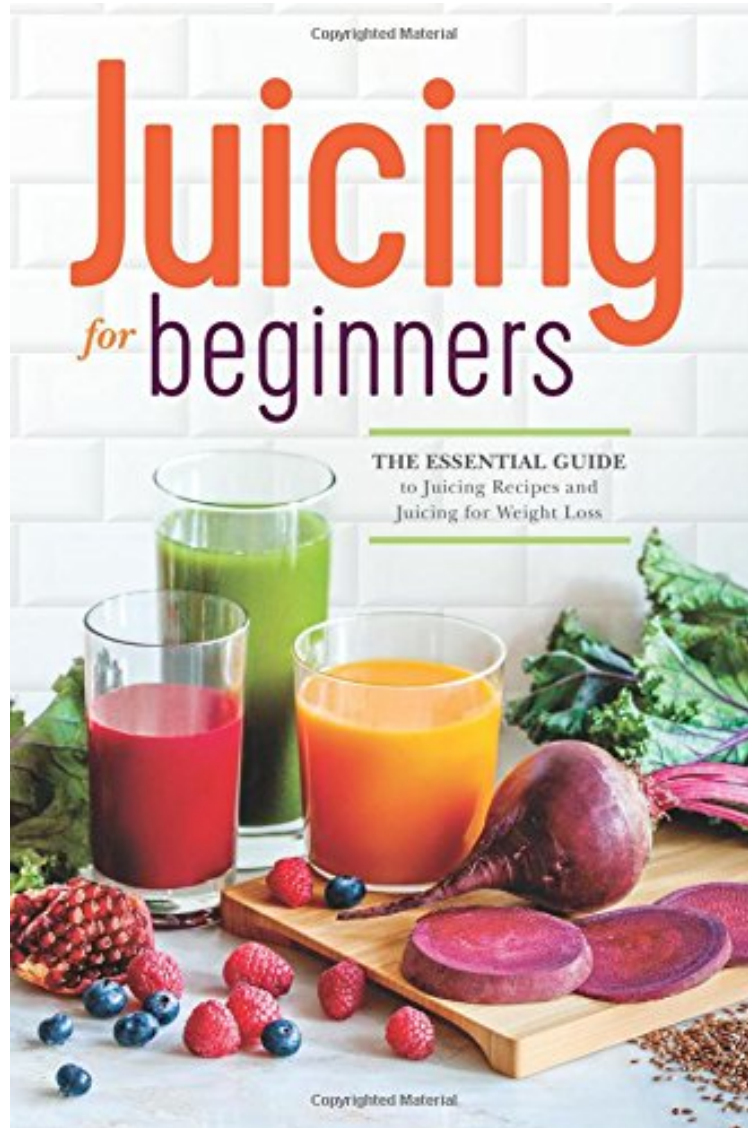


# Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss

Rockridge Press

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**Rockridge Press : Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss:

154 of 157 people found the following review helpful. Great first step to improved health and a smaller waistBy BrittanyWhile most people probably think juicing is just a quick way to lose weight--only to have it pile back on when

you return to eating food again--Juicing for Beginners claims it can actually help "transform your health and your life." While the book certainly delves into the idea of juicing for weight loss, it also offers a healthier perspective on juicing, one focused on providing yourself a way to take in more fruits and vegetables than you may normally ingest. It also highlights benefits such as helping improve or even reverse symptoms of high blood pressure, diabetes and asthma. Finally, it offers an insight into why juicing is more beneficial than just eating raw fruits and vegetables, which is what I found to be most interesting and valuable. This book is a great first step to attaining a healthier lifestyle and a smaller waistline.30 of 30 people found the following review helpful. great productBy galen mccartyGreat book to get you going. Had a lot of recipes. Just remember less is more. Use three different foods per juice otherwise you start to blend way to many flavors.0 of 0 people found the following review helpful. So many recipes!By JeanSo many recipes! This book has EVERYTHING in it. Very easy to read and follow along. I am trying to live a healthier lifestyle and this book definitely gets me on the right path!

Glass half full: Drop pounds, not nutrients with the Juicing for Beginners essential guide to juicing. Healthy eating is not just about looking good—it's about feeling good, too. But eating right and making sure that you still get your fill of vitamins is no easy task. Juicing for Beginners is your go-to guide to learn how juicing can improve your health and boost your immune system. Packed with mouthwatering recipes, Juicing for Beginners shows you how and why juicing is the only path to a vitamin-rich life. Juicing for Beginners contains: 100 Tasty and Creative Recipes: quick and easy juicing recipes to prepare fruit, vegetable, and green-based juices, accompanied by the nutritional benefits of every ingredient Weight Loss Plans: guidelines that explain the benefits of juicing diets such as fasting, cleansing, and detoxing Handy Hacks: tips ranging from how to buy the right juicer to how you can combat health problems with juicing Juicing for Beginners brings you original recipes such as: Mango Watermelon Juice, Blueberry Beet Juice, Black Cherry and Almond Juice, Ginger Beet Juice, Cool Cilantro Coconut Juice, Get-up-and-go Juice, Green Good Morning Juice, and many more! Bottoms up! Get your fill of vitamins and minerals when you take a sip from Juicing for Beginners.