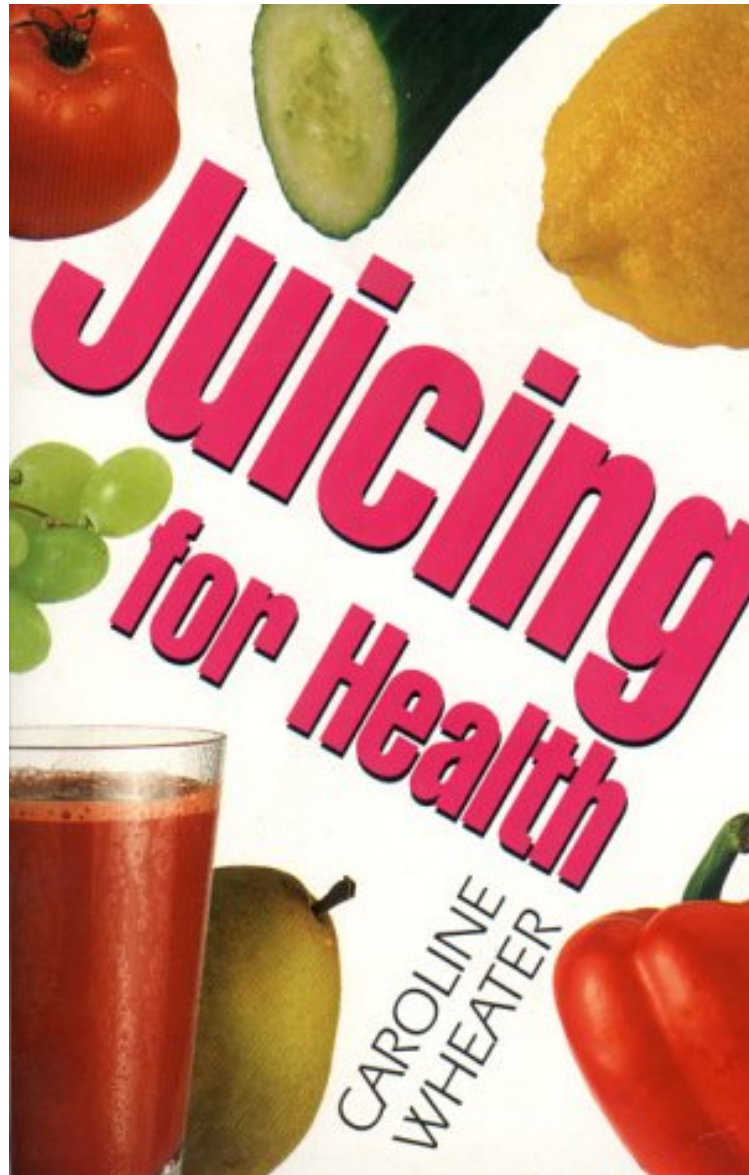


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Juicing for Health

Caroline Wheater

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Caroline Wheater : Juicing for Health before purchasing it in order to gauge whether or not it would be worth my time, and all praised Juicing for Health:

0 of 0 people found the following review helpful. Four Stars By Ramiz Shehadi Healthy 0 of 0 people found the following review helpful. educational By Carol I am interested in healthy juicing. I enjoy the many recommendations for fruits and vegetables. Great bargain price. Recipes are easy. 2 of 2 people found the following review helpful. An

ok book with basic information about juicing By Iona Main Stewart This is an ok book with a lot of basic information about juicing. It's not really a suitable book for reading from beginning to end, which is what I did. It contains advice about choosing a juicer and a list of all the various fruits and vegetables and their qualities in respect to juicing. We are given, among others, the following golden rules: 1) Beginners should limit their intake to up to three 8 fl oz/230 ml glasses of juice a day 2) Dark green and dark red vegetable juices should always be diluted by four parts to one since they are so potent 3) Vegetable and fruit juices should not be mixed together in the same glass due to the risk of flatulence, the exceptions being apple and carrot juice which can freely be mixed with any other juice. There are chapters on juices for beauty, juices for health, "living with added zest" and "detox and revitalize". The chapter on juices for health includes sections on juices to help against respiratory problems, cold and sore throats, coughs and bronchitis, asthma, hay fever and allergic rhinitis, burns and scalds, cramp, digestive problems, bad breath, insomnia, etc, etc, etc. I found all this useful. For example, a juice made from 3 stalks of celery and a handful of watercress is suggested against insomnia. Or 1 orange and 6 oz/175g raspberries, also to help with insomnia. For a hangover cure, a juice made from 2 large carrots, 6 kale leaves and $\frac{1}{4}$ cucumber is suggested. Recipes for smoothies are also included. These require both a juicer and a blender. The book also includes suggested juices for children. Children from 3 to 12 should drink no more than 5 fl oz/145 ml of fresh juice a day, diluted. There are also recipes at the end of the book showing how to use the pulp left over from juicing, so as not to waste valuable fibre. There's also a section on vitamins and minerals. I found this book to be full of solid, useful information, all that you would need, I imagine. However, the layout could have been made more attractive. I found the print a bit too small and the book lacked enticing, colourful photos. However, it is a good, practicable book to get you started with juicing. There is also an index, for which I am always grateful.

Here is everything you need to know about juices, juicing and juicers.

From the Publisher Including dozens of potent and potable recipes, this comprehensive guide to the joys of juicing shows how fruit and vegetable juices can bolster immunity, control digestive problems, and improve health, vitality, and appearance.