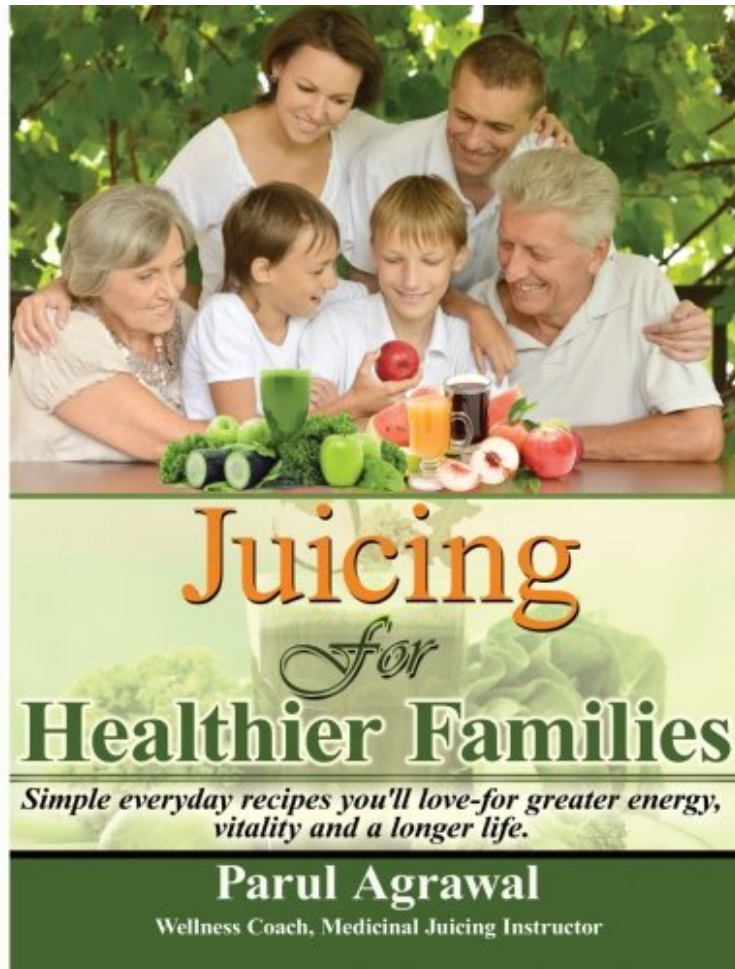


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Parul Agrawal

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0 of 0 people found the following review helpful. I highly recommend this book to all especially for children and you ...By AmyI tried so many books before to incorporate juicing and increase the quality of life - none of the books could match what Parul offers in this book!! It is very concise, simple and has so many variety of juices one can try. Having a background in medicine, all the information she has shared in this book indicates a deep research and passionate

approach towards eating and juicing!! I highly recommend this book to all especially for children and you will be mesmerized by the recipes in this book! I also recommend Parul as a coach if you are looking for one, I am getting all the motivation, support and help from her! She is one of the best coaches I have ever worked with!! Please buy this book and increase the quality of your life and add value to your family!! Happy Juicing!!0 of 0 people found the following review helpful. Love this bookBy CustomerLove this book. It's a complete information about the juicing process. The author, Ms. Parul Agarwal, has done an amazing job in explaining not just the process of juicing but also the need of juicing and how our body react to it. Using simple language and simple recipes, the process of juicing seems quiet appealing. The author has also provided easy workable plans that can be adopted as part of our life. Good job Parul.0 of 0 people found the following review helpful. What I like the most is the formatBy ShayThis book is very informative and user friendly. The recipes are delicious and user friendly. A must buy for beginners and long-time juicers. I've been juicing for a couple of years and still learned more after reading the book. What I like the most is the format. The book does not overwhelm nor underwhelm. I recommend it, enjoy!

Juicing is not rocket science and "Juicing For Healthier Families" makes it as simple as eating. A practical guide to juicing for anyone who would like to have better health, vitality, energy, clarity and more! You'll find easy-to-understand information and recommendations to help busy individuals, families and kids unleash the healing power of green juices. Whether you are a beginner or veteran juicer, you'll love the recipes that are a treat for the taste buds and nutritional gift to the body. Benefits: You'll learn everything you need to know to become a lifetime green juice and smoothie lover: * Learn why the secret to a longer life comes in a juicer * "Diet" or "Detox"?- what do you need? * 52 delicious recipes that will make both adults and kids fall in love with their greens (try one new recipe every week for an entire year). * Ayurvedic superfood juice recipes unique to this book. * Tips to make Juicing a breeze even with a busy schedule * Special recipes for pregnant moms * Kick start your healthy journey with a one-day juice cleanse detailed meal plan

About the AuthorParul Agrawal is The Wealth Wellness expert with a mission to educate families and professionals alike about simple, effective ways they can use to live healthier, happier and successful lives. She is the founder of Parul's Wellness Coaching where she helps individuals achieve optimal physical, spiritual, emotional and financial wellbeing. Before venturing into the field of wellness, she worked as an engineer at Intel and Arizona State University. Parul loves feasting on green juices and smoothies, and she is passionate about yoga. You can visit her website at www.parulagrawal.com.