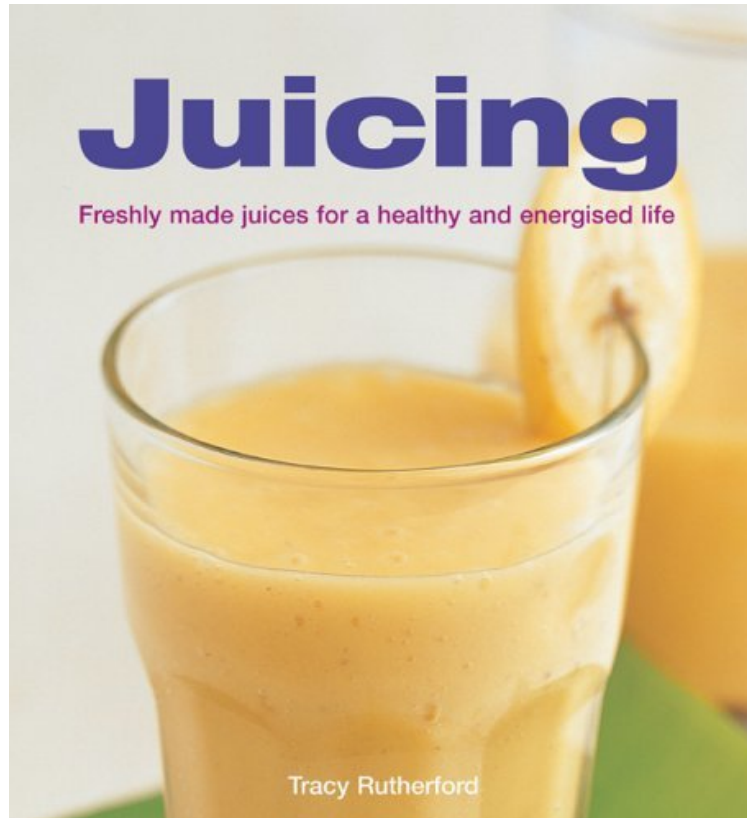


[E-BOOK] Juicing: Freshly Made Juices for a Healthy and Energised Life

## Juicing: Freshly Made Juices for a Healthy and Energised Life

*Tracy Rutherford*

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**Tracy Rutherford : Juicing: Freshly Made Juices for a Healthy and Energised Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Juicing: Freshly Made Juices for a Healthy and Energised Life:

There is nothing more refreshing than a freshly squeezed juice on a bright summer's morning or more energising than a smoothie to help you prepare for a big day ahead. Juicing provides a huge variety of easy-to-prepare recipes for juices, smoothies, shakes and teas that are designed to help you maximise energy levels so you can power through life with health and vitality. Fruits and vegetables are the essential ingredients for a healthy, long and rewarding life. That is because they abound with the vitamins, minerals, enzymes and antioxidants that our bodies need. By extracting these life-essential nutrients through blending and juicing, we are able to create powerful tonics to remedy common ailments such as cold and flu, enhance the body's immune system to strengthen our defence mechanisms, flush harmful toxins from the body and empower ourselves to avoid being stressed and burned out. The easy-to-follow recipes provide information on cleansing, energy, workout, stress and relaxation, tonics and remedies as well as immunity and prevention.

About the Author Tracy Rutherford has been working in the food industry since the early 1990s. She began her career

as a home economist and became a food editor. She writes recipes and articles for cookbooks and magazines as well as preparing food for photography and food editing.