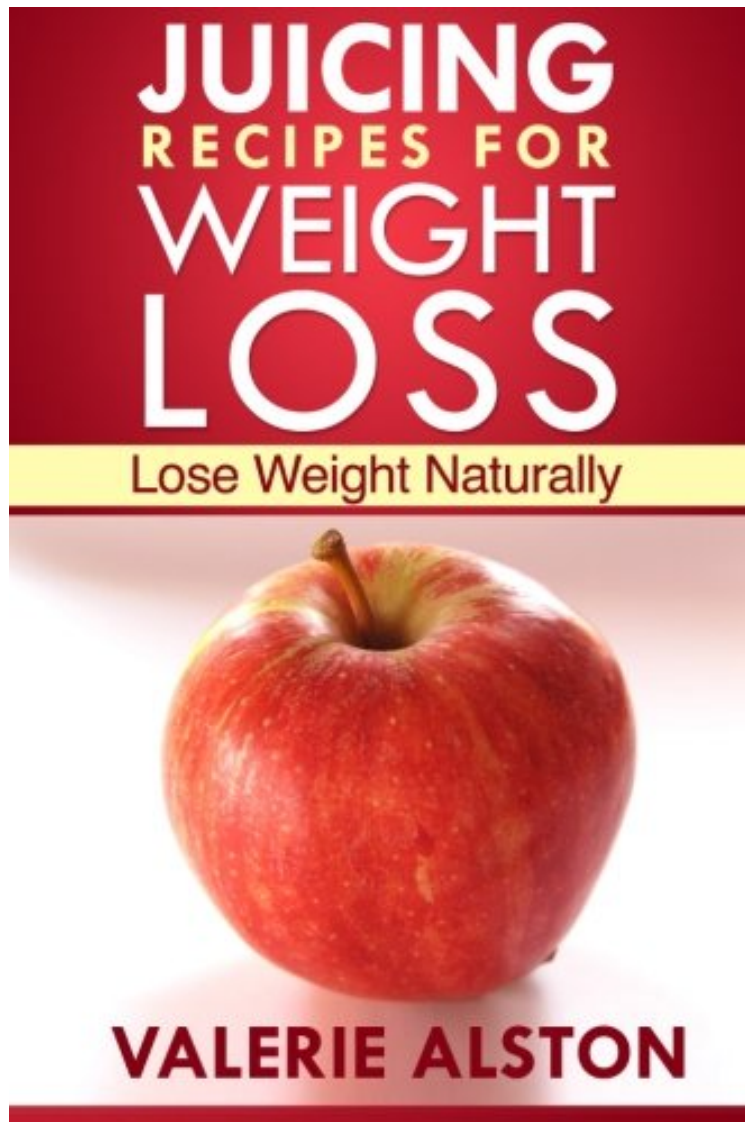


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## Juicing Recipes For Weight Loss

*Valerie Alston*

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**Valerie Alston : Juicing Recipes For Weight Loss** before purchasing it in order to gage whether or not it would be worth my time, and all praised Juicing Recipes For Weight Loss:

Juicing is the process of extracting the juice from different fruits and vegetables and drinking the juice instead of eating the whole fruit and vegetable raw or cooked. Juicing is now a popular method of consuming fruits and vegetables because of several reasons. One, juicing makes it easy for people to consume vegetables especially if they

don't love the taste of these foods. Since juicing just means gulping down the juice instead of chewing it, the taste no longer has to linger in the taste buds longer. This is the same with those who do not love the taste of certain fruits. Two, juicing is a lot easier and healthier than when you cook vegetables because it only takes minutes and you can already have a nutrient-packed meal or snack.

About the AuthorCooking enthusiast and foodie, Valerie Alston is the author of various cooking related books and essays. She was born in United States and at the moment lives there with her family. Valerie is happily married and has two kids. She became her writing career several years ago, however only recently she became a published author. Valerie has plans to release different cooking books in the future, where she will be sharing her favorite recipes and tips. Cooking is not the only passion of Valerie, besides that she likes cycling, swimming and piano playing. She says that having different hobbies allows her to become better at cooking craft. Her husband also enjoys cycling and often they cycle together. Valerie also enjoys travelling other countries. It allows her to explore different cultures as well as foreign cuisines. Valerie Alston became a cook thanks to her mother who gave her first cooking lessons. Now Valerie has her own cooking style and also teaches to cook her kids.