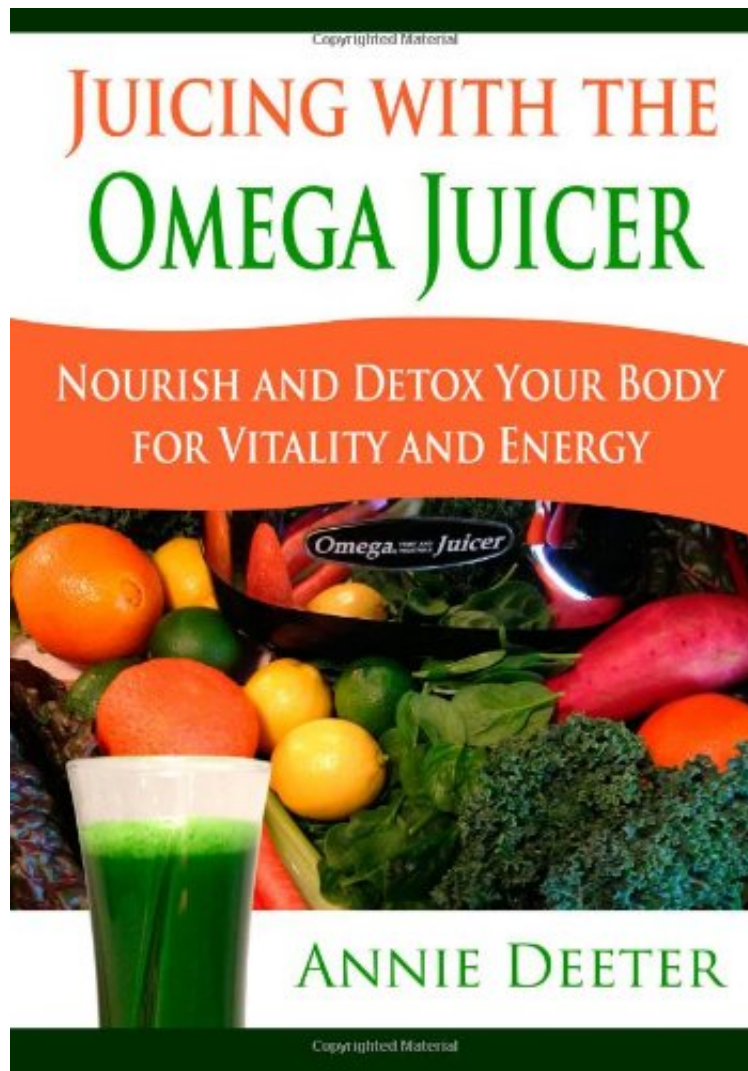


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Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy

Annie Deeter

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Annie Deeter : Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy before purchasing it in order to gage whether or not it would be worth my time, and all praised Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy:

100 of 103 people found the following review helpful. Comprehensive! Not just for the Omega juicer, this is THE BOOK for juicingBy Glenis BoulangerI wish the author much success with this book, I hope she sells thousands of

copies! The book starts by telling the story of a family that got into healthy food, growing their own fruit and vegetables, buying seasonal organics when they didn't have garden produce. It is written by a real person who lives with a real budget - just like the rest of us. She encourages sensible buying so we are not wasting money buy throwing out food. This part was a really enjoyable read and I was nodding my head in agreement because I follow these buying and budget rules myself. The 2nd part of the book is so detailed and the research so thorough that I was completely caught off guard. I was on a happy little trip with her family one minute and the next I'm reading the 'dirty dozen' list on the most toxic fruits and vegetables - those that have the highest toxic pesticide residue. This is offset by the clean list. The author has gone into great detail on how to prepare your produce for juicing and then goes into detail on nutritional value of most fruit, vegetable and herbs. There are lists of ingredients for Detox and Cleansing, best weight loss juices, and then sections on which to put together for best results. There is a COMPREHENSIVE section on vitamins and minerals and which F V contain high levels and what each vitamin and mineral does for you. I could write a review as long as the book because it really should be on the 'Must Have' list for juicing. This book is about health and nutrition not just juicing. If you only buy one book on juicing - this is the book. 0 of 0 people found the following review helpful. A juicer that will last. By Jim A. Very well made and really does the job. Just don't be in a hurry. Jim A. 3 of 3 people found the following review helpful. Excellent Resource for Juicing! By Kindle Customer I am completely impressed with this book! Completely explains how to get the most out of my Omega juicer. Annie Deeter explains everything clearly and her writing style is warm and friendly. A totally enjoyable read, with detailed information about taste, health benefits and preparation of each vegetable and fruit. If you own an Omega juicer, I cannot recommend this book highly enough!

Juicing with the Omega Juicer - Nourish and Detox Your Body for Vitality and Energy is a comprehensive guide to using your Omega Juicer for increased health and nutrition. Covering everything from different types of juicers, and the benefits of masticating juicers to sections on managing your juicing budget, setting a schedule, proper storage of fresh juices and more. This guide provides everything you need to know to be on your way to a successful juicing plan with your Omega juicer. The book includes an in-depth juicing ingredients reference section detailing the specific nutrient content and health benefits of some 50 juicing ingredients. There is even a section on newbie juicer mistakes as well as tips for care and maintenance of your juicer. Written in a light, humorous and conversational style, you will find this an easy and enjoyable read as you learn the tricks and techniques to master successful juicing.