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## Miracle Juices: Over 50 Juices for a Healthy Life

Charmaine Yabsley, Amanda Cross

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# Miracle Juices

Over 50 juices for a healthy life

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**Charmaine Yabsley, Amanda Cross : Miracle Juices: Over 50 Juices for a Healthy Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Miracle Juices: Over 50 Juices for a Healthy Life:

0 of 0 people found the following review helpful. Four StarsBy Customerloved the book0 of 0 people found the following review helpful. Great ideas for juices and smoothiesBy MeghanWe love this book - rented it from the library, and then decided to buy it. Great inspiration for smoothies or juicing!

Wholesome and invigorating juices are the ultimate all-in-one health drink. Consuming just one glass a day can provide all the vitamins and minerals you need, and this hugely appealing recipe book has more than 50 nutritious

suggestions. Quick and easy to prepare, each drink is guaranteed to boost health and vitality and combats specific ailments, such as asthma and high blood pressure. Nutritional analyses detail the vitamin, mineral, and calorie content of the beverages so you can be sure that each miracle juice is helping you to maintain a balanced and healthy diet.

About the Author Charmaine Yabsley is the editor of Healthy Magazine and the editor in chief of the LA Fitness Magazine. An Australian, she moved to London to further her career in journalism. Charmaine also writes for Channel Health and contributes to several other health publications. Amanda Cross, a trained nutritionist, has had a varied career including TV presenter for UK Living and Channel Health, health and beauty journalist and author. She is the author of Food Boosters for Kids, Miracle Juices, Miracle Soups and Curb the Carb, all published by Hamlyn.