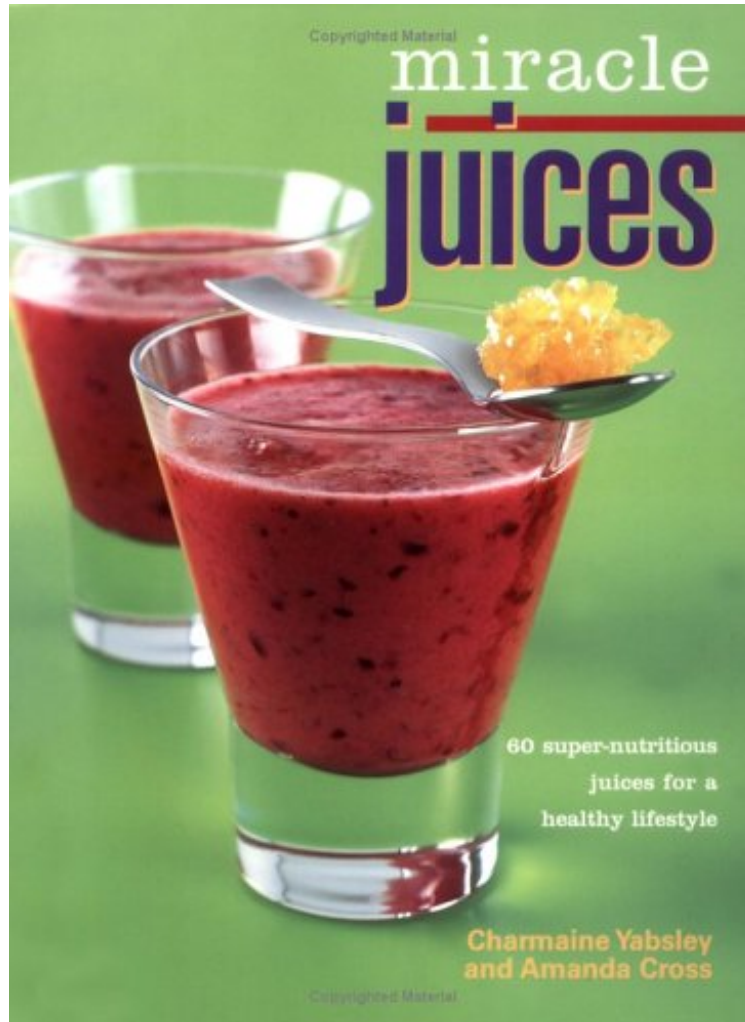


Miracle Juices

Charmaine Yabsley, Amanda Cross, Jason Fendick
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#2717253 in Books Creative Publishing international 2001-06-01 Original language: English PDF # 1 10.25 x .31 x 7.631, #File Name: 0865731500144 pages | File size: 46.Mb

Charmaine Yabsley, Amanda Cross, Jason Fendick : Miracle Juices before purchasing it in order to gage whether or not it would be worth my time, and all praised Miracle Juices:

0 of 0 people found the following review helpful. My dad says, great for beginners! By J. Marker I am a veteran juicer, my dad is a brand new juicer. I bought this book for him to get him started and asked him to write his thoughts on. Here is what he said ... "This is well written, easy to read book written by an Australian editor and British licensed nutritionist. It covers everything that a beginning juicer needs to know about equipment, fruit and vegetables. It also provides 60 different recipes. The recipes are for different and varied purposes, such as losing weight, gaining weight, cleansing, detox and even as meal replacements. It also has recipes for children. I would rate this book a good starter book for anyone interested in starting a juicing program." 2 of 2 people found the following review helpful. THE Best Juicing Book! By Matthew I bought this book and the juicing bible together and found both to be extremely informative

and filled with recipes. However I prefer this slimmer volume because each recipe is accompanied by a full color photo of a way to present the drink. The recipes in this book are very simple and contain ingredients that are easily available and practical to juice. It also outlines how to spend a full day juicing which is very handy! If you're juicing for health this is definitely THE book to get! 0 of 0 people found the following review helpful. Five Stars By Beverly Adams Love it, healthy way to get all your fruits and vegetables

- Contains more than 50 recipes, each with sidebars highlighting nutritional information.

About the Author Charmaine Yabsley is a native Australian who is the editor of the Holland and Barrett magazine Healthy and editor in chief of LA fitness magazine. Amanda Cross is a trained nutritionist who appears regularly on television and who devises eating plans for people in the entertainment world.