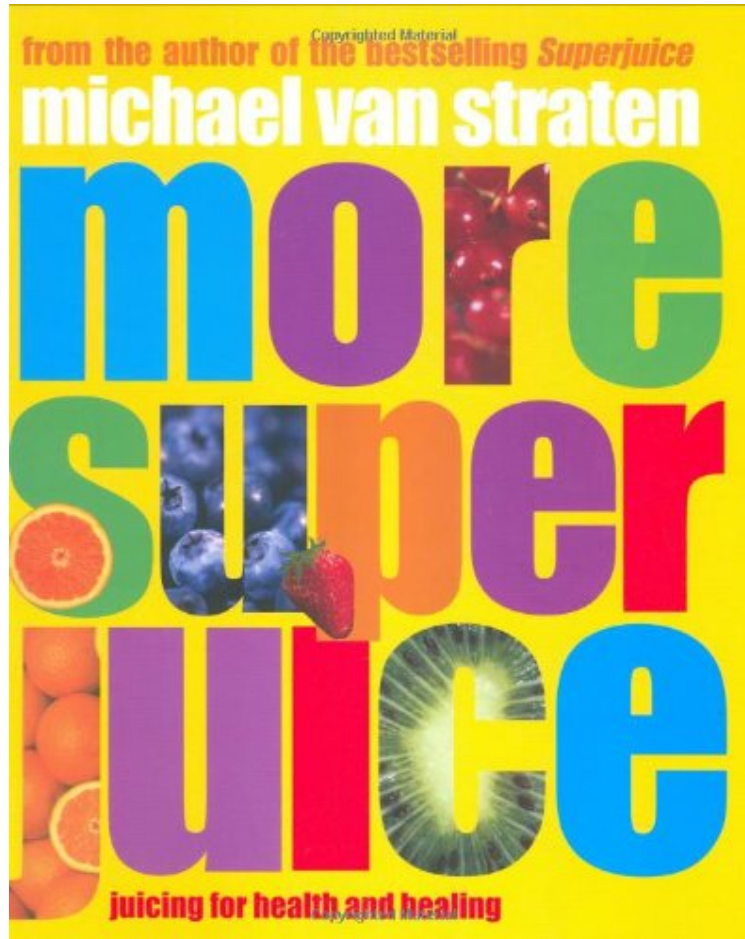


[E-BOOK] More Super Juice (Superfoods)

More Super Juice (Superfoods)

Michael van Straten

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Michael van Straten : More Super Juice (Superfoods) before purchasing it in order to gage whether or not it would be worth my time, and all praised More Super Juice (Superfoods):

1 of 1 people found the following review helpful. The Best Juicing Book By Far!By CustomerWe purchased this book as it had been recommended to us by our son who also bought it.The sheer range of topics, and the juice recipes they suggest are staggering.We use this book all the time. We follow the recipes and love the results, we are losing weight and feel great.If you want to get into juicing, this is the book for you.Love it.Gemma at Rainbow Farm. The Beginning. (Volume 1)1 of 1 people found the following review helpful. love me more juiceBy Jeanne Garretta must have book in your cooking library! Leave close to hand as you will be hooked. In the back you have a full guide to different ailments you may be feeling/facing. I make a juice or shake daily and this book is usually my go to in the morning!15 of 18 people found the following review helpful. very disappointingBy veggie girlI checked this book out of the library, and after looking through it, I am glad I did not purchase it. When I saw it, it looked like a great book, very colorful and bright. I do a lot of juicing, so I was egaer to see what type of recipes were in it. I was surprised to

see "juice" recipes that included goat's milk, whole milk, and yogurt. Since when is a dairy drink considered juice? Did I miss something? Yes, there is a "smoothie" chapter but I am talking about the juice chapters that these dairy products are listed in. In the "smoothie" chapter there is sheep's milk listed as an ingredient as well. I would practically expect to see dairy products listed in a chapter on smoothies but not in juice chapters or in any recipes that are called "juice." Another turn-off for me is that he has a chapter with recipes for juices that have alcohol added. I think adding alcohol to fresh juice is disgusting, but that's just my opinion.

Juices to boost vitality, provide protection, cleanse the body, and much more. More Super Juice follows the highly successful formula of the author's original book by featuring juices for various health benefits: power, long-term vitality, cleansing the system, protection from disease, and increased sex drive. Michael van Straten includes chapters on mood-boosters, brain-boosters and slimming juices, with a section on healing that offers detox diets, a pick-yourself-up juice diet, and an immune-boosting juice diet. Recipes include: Instant energizer: carrots, apple, kiwi fruit and parsley Sweet surrender: banana, yogurt, watermelon, honey, ice cubes Long-life lemonade: carrots, radishes, apples, lemon, beet, sauerkraut Whiskey Mc Vital: oranges, lime, lemon, green grapes, ginger, whiskey, boiling water Wrinkle zapper: apples and cherries. More Super Juice also suggests juices to try for dealing with common conditions such as headaches, colds, insomnia and menstrual problems. With juices to benefit everyone, this book is a super resource.

About the Author Michael van Straten Excerpt. copy; Reprinted by permission. All rights reserved. Introduction I have been using juice therapy in my practice for more than 40 years and learned about it from other naturopaths who used it for at least 40 years before I started. Like many of my books, my first juice book, SuperJuice, was originally conceived to help my own patients. But when it was first published way back in 1999 I had no idea that it would become a worldwide bestseller. Most of the existing books on juicing were worthy but equally dull; it was SuperJuice that broke the mold and made juicing fun and exciting as well as healthy. I'm sure that SuperJuice was a major factor in the huge expansion of interest in juice therapy, the dramatic increase in sales of juicers' and the mushrooming of juice bars in city centers everywhere. Now that so many of you have got the juice habit and have discovered for yourselves both the pleasures and the benefits of juicing, I think it's time to be a little more adventurous. Here in More Super Juice you'll find some fairly conventional recipes as well as some that I've devised for very specific purposes that may sound a trifle odd. Don't knock them until you've tried them, because even the strangest juices taste a lot better than they sound. On one of my radio programs recently, the station sent a radio car and a reporter to the home of a lady who'd called a few weeks earlier complaining of chronic fatigue after a bout of severe food poisoning. I persuaded her to get her juicer out of the cabinet, where it had sat for two years, and sent her some recipes. Within two weeks, she'd called the station and said she felt fantastic and was never going to put her juicer back in the cabinet again. When our surprise reporter turned up on her doorstep with a bag of mixed fruits and veggies, I talked her through a couple of unusual combinations and the whole family joined in the tasting. Even her teenage son (who hates all vegetables) asked for a second glass of the beet recipe! The great thing about owning a juicer is that you can put almost anything that grows through the machine. It's the perfect way to get extra nutrients out of the bits you might otherwise throw away: the outside leaves of the cabbage or lettuce, the red pepper in the bottom of your vegetable rack, the Brussels sprouts the kids won't eat, the half an onion left over from a recipe -- it's all food for free. There are no rules, no conventions; just let your imagination run riot. Of course you'll make some mistakes and the results will taste disgusting, but when you come up with a really fabulous combination, write it down in your own book.