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The Juice Solution



Synopsis

The Juice Solution shows how to unleash the powerful health benefits in raw fruits, vegetables, and nuts by turning them into delicious juice concoctions, to help you feel your best. With over 90 recipes, you'll find juices to help you energize, fuel, detoxify, and protect your immune system. Learn how to make the most from your electric juicer and start feeling like your healthiest self. The Juice Solution shows how to unleash the powerful health benefits in raw fruits, vegetables, and nuts by turning them into delicious juice concoctions, to help you feel your best. Consuming produce in juice form preserves nutrients that would be otherwise lost in the cooking process and provides a quick and easy way to enjoy your daily dose of fruits and vegetables. Organized by different nutritional needs, this book offers a collection of juice recipes for any time of day. Energizing juices help wake up your system without the use of stimulants like caffeine. Fueling juices, made from fibrous ingredients and foods rich in healthy fats, help keep you satisfied and can be enjoyed in place of a light meal. Detoxifying juices flush toxins from your body by releasing the natural antibacterial qualities found in many fruits and vegetables. Protective juices unleash the immune-boosting properties in certain types of fresh produce. Guides to choosing an electric juicer model that's right for you, selecting produce to target specific health needs, and tips and tricks for making the most of your machine round out the book. Whether you're a first time juicer, an avid juice cleanser, or just looking for fresh and exciting ways to use your home juicer, this book offers something for everyone whose looking to feel healthier.

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Customer Reviews

We've juiced sporadically over the years and were looking for new recipes when we switched from the Jack Lalanne Juicer to the Omega Masticating Juicer. This book begins with the importance of juicing, choosing a juicer, prepping for ingredients, and tips and tricks for juicing then dives into the four chapters full of delicious recipes. All of the recipes that we have tried so far, we have really enjoyed. Even our toddler likes the juice even though they're loaded with tons of greens like kale, spinach, and celery. This is the only way we sneak greens into his diet since he's quite a picky eater. What we like about this book is that you can be flexible with the ingredients. Our favorite recipes are sweet greens, morning in the tropics, berry supreme, pineapple-banana-strawberry, and super salad. We are looking forward to trying the nut milks since our son is allergic to dairy. This is definitely our favorite juice book so far. We also own *Juice* by Carly de Castro and *The Juice Generation*. Overall this is a great book with many healthy and delicious recipes for people who don't have experience juicing as well as for those who consider it an integral part of their lifestyle.

I absolutely love this book!!! I've been making juice every morning for the past several months and now that I have this book, I sometimes end up making it a few times a day. We have tried 20-30 recipes from here and they have all been delicious. We particularly like the fact that most of the juices are not combinations we have seen elsewhere. The photos are pretty and the recipes are easy to read. I especially like the index for ingredients- when we have a certain fruit or veggie we need to use up, I check the back to see where I can find recipes for it. I also really love how the chapters are divided by what you are wanting to get out of a particular juice- fuel, detox, etc. etc.

Nice photos, but lacking content. I was hoping they would go in further depth on the health benefits of various juice components and blends. This is a great coffee table book, because it's pretty, but I could easily go the rest of my days without opening it covers and flipping through again. Just no content!

Love all of the recipes that I've tried so far. I wish it had more recipes with vegetables. Most recipes require a lot of fruit and little vegetables... other than carrots. I would like to see recipes with a lot of vegetables and less fruit.

Great book, I actually bought this for my Nutri Bullet blender and not a juicer but it works perfectly, makes rich drinks and smoothies, I love the chapter assemblage and the photos are just beautiful!

The graphic design of this book looks great and I can't wait to give a try for each of recipe.

Great selection, tasty concoctions

It is not juicing it is smoothies.

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