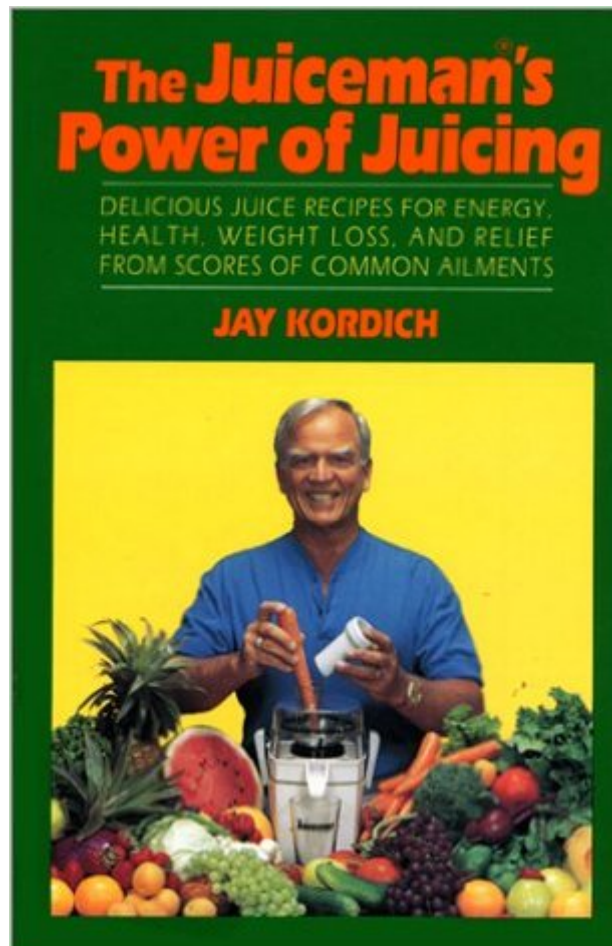


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# The Juiceman's Power Of Juicing



## Synopsis

Known as "the Juiceman" to the millions who have seen him on television, Jay Kordich has at last written a book detailing his revolutionary program for staying healthy, looking young, getting trim, and feeling great -- all by taking advantage of the natural healing power of fresh fruit and vegetable juices. The Juiceman's Power of Juicing shows how you can use delectable fresh juice combinations to help lower your cholesterol, overcome fatigue, lose weight, reduce your risk of many serious diseases, and relieve scores of common ailments, including headaches, insomnia, upset stomach ... and even acne! Jay Kordich has devoted the last five decades to traveling the country promoting the healing power of juicing. In The Juiceman's Power of Juicing, he has written the complete guide, for beginners and for avid juicers, to the health revolution that will give you more energy and have you feeling and looking better than you ever dreamed possible. It's easy and delicious. Don't delay ... start juicing!

## Book Information

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## Customer Reviews

This is a nice, straight forward juicing book that offers some "extras." It's simple, but it has an extensive array of recipes and leaves no stone unturned. There's a section on produce that tells the reader what each item is good for (which vitamins and minerals it contains) and how to buy and store them. The "Juiceman" also includes a crash course in all the nutrients we need to be healthy, WHAT we need them for, and in which juices we can find them in. At the end of the book, the author includes a Q&A section and tips and points on how to make juicing an integral part of your life and

what to eat to compliment a diet chock full of fresh juices. All in all, this is a great book. It may not appeal to some who are in search of something a little more fancy, with a more complex layout. But, everything considered, it's a sure bet.

This is the ultimate book on juicing. This is exactly what I wanted. Straight up juice recipes! No blender recipes (Well there are two at the end of the book for shakes but its minute after you read all the juice recipes). No add yogurt or soy milk and herbs. Nothing. Only add fruits and vegetables, just what I bought a juicer for juices! Jay delivers. His recipes are precise, being which he tells you how many carrots, how many apples, and tells the reader what the possible prevention tips of the particular juice are. My favorite is the juice for the sinus. And it does help. Also the energy and feeling you get from juicing is amazing. A pot of coffee could not get you going this good. Now dont get me wrong there are good books on juicing out there but as stated above they want you to add other health ingredients (herbs and spices, soy milk etc...). Thats not the reason I wanted to juice. I wanted the benefits of juice and juice alone not something I can buy as a pill from the GNC and skip all the juicing. Buy this book if all you want are juice recipes. This is what it's all about. Straight up juicing!

This book along with Dr. Norman Walker's "Fresh Vegetables and Fruit Juice" helped me begin my quest and desire to mostly eat and drink raw fruits and vegetables. Ten years ago as a first-year graduate student at UC Santa Barbara I found myself with an acne problem that had plagued me for the last 5 years, despite ingesting numerous antibiotics. Moreover, my eyes were beginning to tire easily. Then one day I stumbled upon this book by Dr. Walker which from the onset made complete sense to me. Around the same time I saw an infomercial advertising the Juiceman Jr. which I bought the next week (and it hasn't failed me since!), along with the "Power of Juicing" book and began a regimen of fresh juice three times a day, using many of the recipes and suggestions from both books. Some amazing things began to progress over the next year: i) my acne not only completely disappeared, but I found myself having a very youthful, vibrant look. I looked better than I had ever in the past. ii) I lost 15 pounds in one year and became a star on the softball field. iii) I have not touched my reading glasses in the past 9 years. In the words of Jack Lalane (who is older and more fit than 99.99% of all other Americans) "If man made it, I don't eat it". One note on juicers: low-rpm juicers which press the juice now offer a nice alternative to the Juiceman or any other of the centrifugal juicers. They seem easier to clean and produce a higher yield of vitamins and less oxidation. I recommend Samson 6 in 1 juicer which has a 5 year warranty on the auger (like a drill

bit which is used to press the juice) and a 10 year warranty on the motor. The revolution does not begin in the streets, but rather with a tall class of carrot and spinach!

I can't even begin to describe how wonderful this book is! While a few people have been quick to judge this book based on Jay Kordich's "lack" of any formal nutritional training don't let them fool you! Do you have to be a doctor to know a thing or two about the human body? You can go to a book store (or search here at !) and find enough books to make you smarter than any doctor alive! And even more significant is the "alternative medicine" movement that is booming thanks to "herbalists" and "specialists" who don't have Ph. D's. That said, this book is filled not only with fantastic recipes, but the heartwarming story of Jay's struggle to bring juicing into the mainstream. One writer even went so far as to say "he was cured of a disease he suspiciously neglects to mention"..well if this person read the book (including the back cover!) They would have found out that he survived a serious case of bladder cancer. Haven't we all heard of the stories where people have overcome crippling diseases where even doctors said there was no hope? Jay has, and juicing helped him get there....do your homework, LEARN ABOUT NUTRITION...and trust this book. I've been juicing steadily for about 3 years now and I'm in the best shape of my life, I've lost 20lbs and KEPT it off, I haven't had any major colds or illnesses for as long as I can remember and his knowledge of the human body and the effects of nutrients is top notch stuff. Medical science will never be able to explain all the properties available in plant matter. The properties of life are the most powerful essences on earth, and they are there for the taking...buy this book and put them into your body, you'll never be able to do anything better for yourself. Invest in you, the rewards are priceless.

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