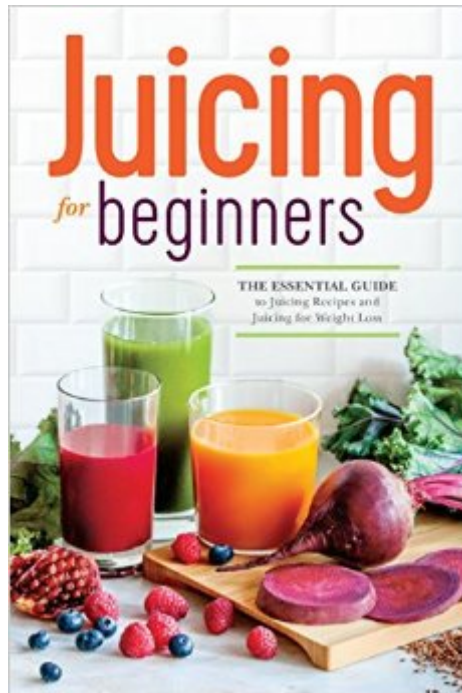


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# Juicing For Beginners: The Essential Guide To Juicing Recipes And Juicing For Weight Loss



## Synopsis

#1 BESTSELLER Juicing is the easiest and quickest way to transform your life. Fresh, vitamin-rich fruit and vegetable juicing recipes can help you lose weight and improve your health by boosting your metabolism and cleansing your whole body. Juicing for Beginners will teach you how to start using juicing recipes today for weight loss and better health, with 100 simple and delicious juicing recipes, as well as a complete guide to starting your own juicing diet. Learn how to pick out the juicer and juicing recipes that are perfect for you. Discover the nutritional benefits of each ingredient, from oranges, to spinach, to wheatgrass, and find out how to create your own refreshing flavorful juicing recipes. With easy-to-follow directions and amazing juicing recipes, Juicing for Beginners is your complete juicing bible. Juicing for Beginners will change your diet and your life with: 100 easy, tasty juicing recipes, from Pomegranate Peach Detox Blend, to Mango Tango Green Juice Tips on using juicing recipes for weight loss, including the juice fast, juice cleanse, and juice detox Introduction to 11 healthy additives to increase health benefits of your juicing recipes such as wheatgrass, whey powder, and aloe vera Overview of how to use juicing recipes to fight diseases and common health ailments Detailed nutritional information charts for every ingredient Juicing for Beginners is the book you need to get you on the way to your slimmer, healthier life.

## Book Information

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## Customer Reviews

While most people probably think juicing is just a quick way to lose weight--only to have it pile back on when you return to eating food again--Juicing for Beginners claims it can actually help "transform

your health and your life." While the book certainly delves into the idea of juicing for weight loss, it also offers a healthier perspective on juicing, one focused on providing yourself a way to take in more fruits and vegetables than you may normally ingest. It also highlights benefits such as helping improve or even reverse symptoms of high blood pressure, diabetes and asthma. Finally, it offers an insight into why juicing is more beneficial than just eating raw fruits and vegetables, which is what I found to be most interesting and valuable. This book is a great first step to attaining a healthier lifestyle and a smaller waistline.

I was not a fan of juicing until I read *Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss*. I have often read that it is best to eat raw fruits and vegetables over juicing. But this book makes a compelling case and highlights numerous health benefits that drinking mixtures of fruits and vegetables can provide. Not only does regular juicing detoxify the body of processed foods and other toxins, the book recommends and guides one through a 3-5 day detoxification process that can help with digestion, allergies, dry hair and skin, weight loss, and other issues. There are chapters on the health benefits and nutritional information of individual fruits and vegetables, 100 juice recipes, tips for selecting a juicer, and using juicing for weight loss. I recommend this book as a quick and easy starter for those who want to take the first step!

This book really gives readers the ABC's of juicing. I knew juicing would be nutritious but after reading this book I have a much better understanding of just how healthy juicing really can be! I'm a college student and I'm on the run 24/7. Between three babysitting jobs and my double science major I end up relying heavily on eating out. I really feel inspired to slowly incorporate juicing into my daily meals. I think if I can even manage to add it into my morning routine I'd benefit greatly! There is a good variety of juicing recipes to choose from as well as nutritional information on all the ingredients. That way you know which juicing recipes are more catered to your diet. Another useful tidbit, is that it isn't just a book full of recipes, it provides advice! Aside from weight loss, there's advice for how to do juice fasts! I've personally never tried one but I'm definitely going to try one out now! The book also tells readers about how efficiently juicing cleanses the body, which is really important for people today because of all of the fast food and processed food consumed.

For the newcomer to the juicing trend that is all the rage right now, and for good reason, this book provides really helpful and informative advice about incorporating juicing into one's lifestyle. It is a great introduction if you are new to the subject, and provides a wealth of information on the health

benefits, as well as how vitamins, nutrients, and antioxidants can enhance diet and nutrition. The book offers a variety of healthy, creative juicing recipes for beginners that are easy to follow. The chapters are well laid-out and thorough while remaining uncomplicated. It is a great guide for those who are interested in experimenting with juicing and expanding their wellness potential. It also happens to be a great low-cost option!

Juicing For Beginners contains over 100 recipes and recounts the health benefits of an entire rainbow of fruits and vegetables. You know how the Portlandia folks say, "We can pickle that!" about virtually anything imaginable? Juicing For Beginners has the same message, but in earnest. Juicing encompasses such a wide variety of fruits and vegetables that you can get all the nutrients you need in one simple glass of juice per day. Some of the tips, especially in the weight loss section, can seem very basic and common sense, but to someone who is an absolute beginner with no knowledge of proper diet and exercise, this is a great starter's guide! Rockridge Press delivers with several adjustable plans for transitioning into a juice diet/lifestyle.

"Juicing for beginners - Although the book is extremely easy to read and explains the juicing process in a very explicit way, it's very instructive and offers in depth details about how juicing could help with weight loss. It's an excellent resource about nutrition as well which is amazing. What I liked the most is that it gives the reader full understanding of the juicing process however, it does not present it as a list but as a recipe which makes it very interesting to read and memorize. If anyone is looking for a weight loss guide through juicing, this is an absolute remarkable tool to use.

For our first Christmas together, I bought my husband a juicer and a big bowl of fruit. He juiced garlic, drank it, and the resulting stink kept us apart for a week. After that, the juicer was relegated to a dusty corner in the cupboard. How I wish I had this book then! I am so jazzed about dusting off that old juicer and trying these recipes. My new Healthier Me routine includes a smoothie with spinach in it, it's delicious (really), but I'd like some variety. This book is chock full of mouth-watering fruit and vegetable juicing concoctions, it's hard to decide which one to try first! What I love most about this recipe book is the chapters that list and discuss the health benefits of a myriad of fruits and vegetables. Choosing healthy foods to add to my diet is an easy way to begin eating more conscientiously. With this resource, I can select foods to address specific areas that I want to focus on. I know avocados are a great source of heart-healthy fats, but I didn't know they also have vitamin K which promotes bone health. Timely information for a loved one's broken leg! I am

delighted with this find, I can't wait to get juicing and bring on the amazing healthy benefits!

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