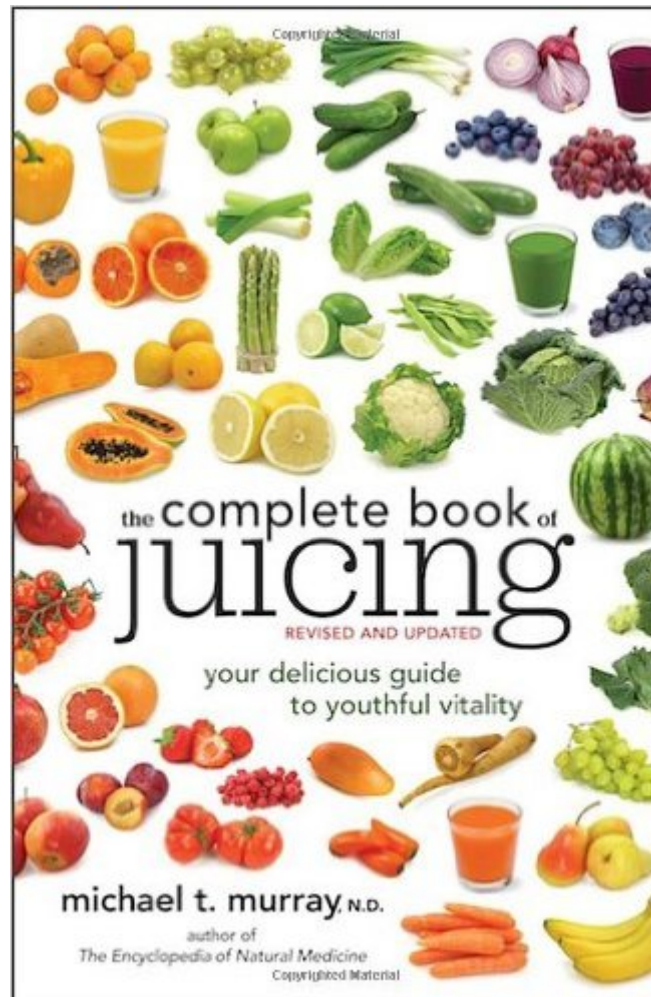


The book was found

The Complete Book Of Juicing, Revised And Updated: Your Delicious Guide To Youthful Vitality



Synopsis

With fifty new recipes and new information on the benefits of juicing and juice cleanses, here is the completely revised and updated edition of this juicing category killer. The first completely revised edition of this juicing classic, *The Complete Book of Juicing* is packed with new information on super fruits such as pomegranate and papaya, weight-loss and juice fasts, immune function, juicers, and more. With one hundred fruit and vegetable recipes and a fresh new package, this book is a user-friendly and fun necessity for any juicing kitchen.

Book Information

Paperback: 384 pages

Publisher: Clarkson Potter; Rev Upd edition (December 31, 2013)

Language: English

ISBN-10: 0385345712

ISBN-13: 978-0385345712

Product Dimensions: 5.4 x 0.8 x 8.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (50 customer reviews)

Best Sellers Rank: #181,467 in Books (See Top 100 in Books) #34 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #82 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #197 in Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

You will find *The Complete Book of Juicing, Revised and Updated* is about more than juicing. It takes a look into the science behind juicing and its recommendations are clinically and scientifically proven. This book refers to the nutrition from juicing as the base for optimal health and I totally agree with that. It includes information on many diet related diseases and provides information on why diets deficient in certain vitamins, minerals and other vital nutrients, may lead to these diseases. The three common juicers on the market are listed and information on how they work. I learned how to regulate the ratio of the vegetables to fruits used in my juicing for an optimal level. You are given clear information on which fruits and vegetables are best to use as a base for your juice and what percentage works best. Personally, I was very happy with information in this book and found it highly informative. As someone who juices occasionally, this book helped clarify many questions I had in regards to juicing. I was also provided with additional information on nutrition that

I was not even aware of. If you juice or are thinking about giving juicing a try, I highly recommend you give this book a read. This is one of those books one should keep on hand as a reference, not only for the great juicing recipes, but also for a quick reminder on all the health benefits behind juicing. This highly motivating book is full of information, yet compact, making it great for travel.

The degree of good health you can experience is always linked to the quality of nutrition in what you consume and this book differs from the many juicing recipe books out there in providing a user-friendly tutorial that explains all about what the body really needs to function at peak operation. We also like the short and informational nutritional profiles provided for the many different fruits and vegetables used in juicing, along with helpful selection and preparation tips. The section on juice recommendations for specific health conditions, ranging from acne and osteoporosis to eczema and headache, is also very helpful. Murray covers the topic of juicing from every aspect and provides a comprehensive resource that will convince you of the many benefits of adding freshly squeezed juices to your daily menu, including smart weight loss.

The book is very informative about juicing and why it is essential to your health. It goes through many fruits and vegetables individually and gives you the nutritional breakdown which is great. The kindle edition is really nice because if you are reading about juicing for a specific reason and the section offers recipes you can simply select a recipe to go right to it, no need to go searching through the book for the recipe. I took off 1 star for the section on weight loss and general diet. I bought a book on juicing not a book on nutrition so I don't want to hear about how I should be vegan for optimal health. I've done and still do lots of reading about nutrition from other sources and was looking for a book purely on juicing. Plus, I really don't think that a vegan diet is the best diet, at least not for everyone. My other problem with the section on weight loss was the authors restrictive diet and use of the weight loss pill HE INVENTED. Yes, in a juicing book the author tries to sell you his weight loss pill. I was disappointed that the author expected the dieter to become vegan, or mostly vegan, and restrict calories as part of a sustainable lifestyle change for weight loss. Simply adding juicing to your daily routine is probably the best thing you can do as a lifestyle change that is sustainable and will encourage weight loss. The author, in my opinion, dropped the ball here. When you start juicing your body naturally starts increasing energy and metabolism, you stop craving all those things that are bad for you, and the weight starts to come off easily. Some people may need more but diet pills should not be your first go to when you start juicing to loose weight. Overall the

book is really good and I would recommend it, I just didn't like the part on diet/dieting.

I think many of us under appreciate the fact that we are what we eat. It is so important to be aware of what we put into our bodies. With THE COMPLETE BOOK OF JUICING you not only gain more than 70 great juicing recipes, but also the benefit of information regarding nutrition. There are many juicing books out there, but I think this is one of the best. I think there is more to juicing than just making great tasting juice. Knowing the benefits of vegetables, fruits and how to make juices for weight loss, medicine and fasting gives you a more focused approach to getting healthy via juice. 4 stars

Dr. Murray is an expert in the field of nutrition. This latest book has many juicing recipes. It also lists fruits and vegetables and their key health benefits. It also has a listing of health conditions and juicing recipes for that specific condition. Excellent recipe and reference book.

Great informational book that I got mostly for recipes, but it has a wealth of why consider eating healthy. You wouldn't be looking at this type book unless you are interested in a healthy body that stays that way. This explains purchased prepared foods vs foods cooked at home vs fresh uncooked foods and their relative nutritional value...astonishing what you get in freshly consumed, uncooked foods. Whether juicing or blending, there is so much more nutrition in fresh foods with the fiber. I highly recommend this, along with "Eat to Live", "Forks over Knives", and "The China Study". After seeing the background and history in our foods, I doubt you will ever go back to good ol' restaurant foods.

[Download to continue reading...](#)

Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)
JUICING: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) The Complete Book of Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality Juicer Recipes: A Complete Juicing Guide on Juicing and the Juicing Diet Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) A Beginner's Guide To Juicing - 50 Recipes To Detox, Lose Weight, Feel Young and Age Gracefully (The Juicing Solution

Book 1) Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy
Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For
Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed
Blenders & Juicers) Juicing Recipes For Oranges (Benefits Of Juicing Book 2) Juicing Recipes: 50
Tasty Juice Recipes for Detox, Weight Loss and Vitality (Holistic Health for Life: natural healing,
pain reduction, weight loss, and recipe books) Juicing Recipes from Fitlife.TV Star Drew Canole for
Vitality and Health Juice Fasting: The 3 Day Juicing Fast for a Healthy Detox Diet, Metabolism
Boost, and Quick Weight Loss (Juicing Recipes) Souping: The New Juicing - Detox, Cleanse &
Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Reiki: A
Complete Practical Guide to Natural Energy Healing, How To - Awake Your Body And Soul, Restore
Your Health And Vitality. (Reiki For Beginners, ... Techniques, Awaken Your Chackras) The 15
Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy How to Wash Your Face:
America's Leading Dermatologist Reveals the Essential Secrets for Youthful, Radiant Skin Reader's
Digest Guide to Skin Care: Professional Secrets and Natural Treatments for Glowing, Youthful Skin
Complete Guide to Symptoms, Illness & Surgery: Updated and Revised 6th Edition (Complete
Guidel to Symptoms, Illness and Surgery) Forty Plus and Fancy Free: The gay excursion of youthful
grandmothers romping through Paris and Italy and "doing" the Coronation

[Dmca](#)