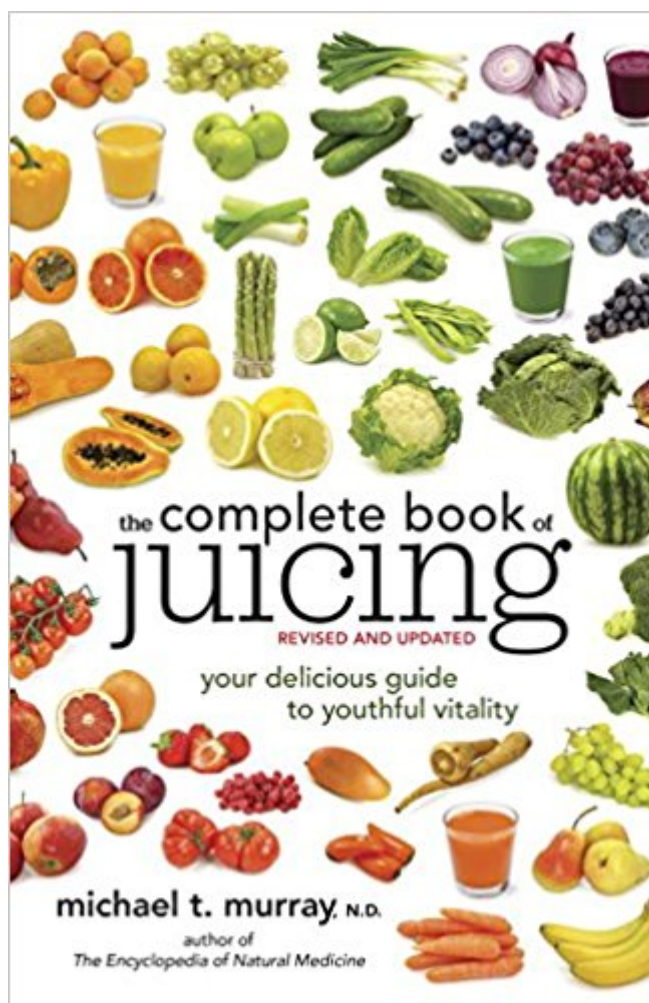


The book was found

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 55 customer reviews

Best Sellers Rank: #190,769 in Books (See Top 100 in Books) #25 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers](#) #71 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits](#) #142 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

Customer Reviews

Dr. Michael T. Murray is the author of over 30 books, including the acclaimed bestsellers *The Encyclopedia of Natural Medicine* (Third Edition) and *The Encyclopedia of Healing Foods* (co-authored with Dr. Joseph Pizzorno). He is regarded as the world authority on natural medicine and appears regularly in national media, including the Dr. Oz Show. An educator, lecturer, researcher and health food industry consultant, Michael also constantly updates his health information portal: DoctorMurray.com.

This book gives tons of information about fruits and vegetables individually so that their components can be immediately looked up. Also, it gets into the how and why of juicing. I have been studying diet and nutrition for more than a decade, and this book is definitely among the short list I'd

recommend anyone who cares about drastically improving their lives. If you're curious about juicing, just know it is not about opinion here - getting a wide variety of fruits and vegetables flowing into your body gives you an undeniable vitality. Please give it a go!

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.

Excellent book and I use it often for reference and juice recipes. It only has 70 delicious recipes but this book has much more than that. It talks about individual fruits and vegetables, what they are good for, their nutrients, how to prepare them and then it goes into the recipes. A wealth of information in an easy to read and understand format. Highly recommended if you want to start juicing.

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.

Lots of good information on the health benefits of various fruits and vegetables, including references to medical studies. Also includes some great recipes that I never would have thought of myself.

Very informative.

This book has a lot of good info in it and many good juice recipes. I use it weekly when I make juice. I gave it 4 stars because I never use the vegetable recipes, although I am sure they are very good. I use my greens for smoothies instead.

Very detailed with great information!

[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 RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books 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) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) The Complete Book of Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality Complete Book of Juicing: Your Delicious Guide to Youthful Vitality Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing Detox, ... Cancer Cure, Diabetes Cure, Blending) Juicing: The Complete Guide to Juicing for Weight Loss, Health and Life - Includes The Juicing Equipment Guide and 97 Delicious Recipes Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Carole Maggio Faceercise (R): The Dynamic Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance, Revised and Updated Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Juicing for Health: 81 Juicing Recipes and 76 Ingredients Proven to Improve Health and Vitality Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss New Juicing Recipes to Live Healthy: Best Vegetables & Fruits Juicing Diet Book for Weight Loss, Fasting, Detoxification, Diabetes, Cleanse & Cancer (Updated) Juicing for Weight Loss - 25 of the Most Delicious Juicing Recipes Ever: Discover Juice Recipes That Heal The Juicing and Smoothie Recipe Book: The Complete Guide to Healthy Juices & Smoothies ~ Easy recipes for Weight Loss & Cleanses ~ Suitable for the Nutribullet, ... Ninja and Vitamix (Juicing for Beginners) Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet for Weight Loss, Juicing, Plant Based

Book 7)

Contact Us

DMCA

Privacy

FAQ & Help