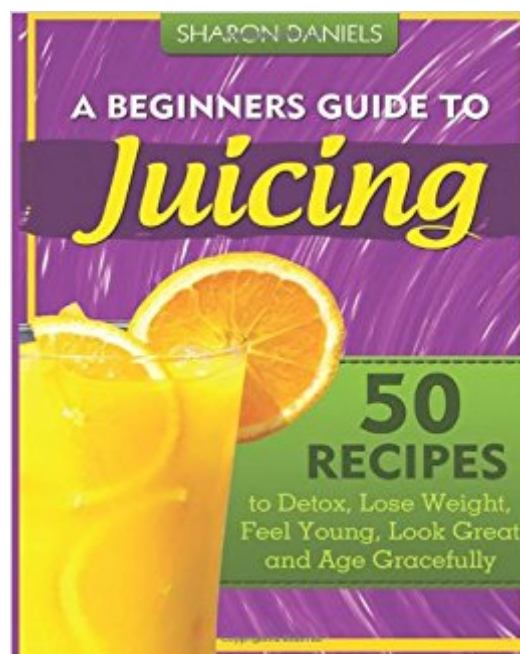




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# A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1)



## Synopsis

With such an increased emphasis on health and nutrition, which comes on the heels of the rising obesity epidemic, many people are researching ways to look and feel good. In fact, there are hundreds of different products out there, all claiming to help you lose weight, strengthen your hair and nails, better your complexion, boost your immune system and mental strength. The truth of the matter is, most miracle weight-loss and beauty programs are just money-making schemes from big corporations. In fact, these products can do more damage to your body than good. So where do you turn? There's something out there that's way better than all man-made products combined. Something that actually works. And you're holding this miracle in your hands.

Juicing is an all-natural, all-clean method of losing weight, looking beautiful, becoming mentally stronger, and even a way of cleansing your system of toxins. And the best part is that it works, and it's been proven to work by thousands of people - not by paid advertisers, but people like YOU.

Juicing is a natural cure, treatment, and prevention aid for almost any of life's ailments, illnesses, and disorders. It's cheap, convenient, and best of all, its benefits are enormous. In this book, we'll be running you through the basics, the guidelines, and the golden tips and tricks of juicing. You'll be introduced to fifty delicious recipes that are as rewarding for your health as they are for your taste buds. This book will cover the different categories of juicing:

**Juicing for Cleansing and Detoxification:** This is a big category, as most people associate juicing with cleansing and detox. Juicing is one of the safest and healthiest ways to quickly wash out harmful chemicals and replenish helpful bacteria in your digestive system. Whether you are interested in a full body cleanse/detox, an intestinal cleanse, a liver or kidney cleanse, or whatever else, juicing will provide you with a simple, thorough, and safe manner of doing so. Don't forget, though, it's important to remember before beginning any detox or cleansing program to consult your primary physician. **Juicing for Weight Loss/Weight Gain:** This is another big category.

Though most people turn to juicing for weight loss, many also use juicing as a way to gain weight and bulk up muscle. **Juicing for Mind and Body** This includes juicing for improved mental function, memory recall, focus and concentration, reduced stress, and anxiety. It also involves **Remedy**

**Juicing**, which includes juicing to prevent, treat, alleviate pain or suffering, or heal illnesses, ailments, and disorders involving anything from a toothache to cancer. **Juicing for Healthy Aging and Beauty** Wrinkles, age spots, acne, uneven skin tone, varicose veins, cellulite, stretch marks, eczema, hair thinning, and hair loss - these are just a few of the reasons people juice for healthy aging and beauty. People in this category juice for soft, smooth, moisturized, even-toned, glowing, and radiant skin. They also want to gain bright eyes, a beautiful smile, and strong, healthy hair and

nails. They also juice to assist in a healthy and graceful aging process. Each recipe comes with easy to follow instructions that include: Juice Prep Time Difficulty Level Yield Nutritional Information Everything in this book has been simply stated and crafted, so beginning juicing is a breeze. It is my hope that you too will be able to benefit from the wonders of juicing, just as I have. To your health, Sharon Daniels

## **Book Information**

Series: The Juicing Solution

Paperback: 94 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (December 17, 2012)

Language: English

ISBN-10: 1481290932

ISBN-13: 978-1481290937

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 9.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 227 customer reviews

Best Sellers Rank: #547,184 in Books (See Top 100 in Books) #67 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #396 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #1135 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## **Customer Reviews**

I would love to give this book 10 stars! The recepies were not only easy, they were also delicious and included useful nutrition information. Made my intro to juicing easy and delicious! In 4 weeks I lost 8 lbs. and I feel great (more energy, better sleep, acid reflux gone)! For breakfast I have delicious veggie/fruit juices that give me instant energy! I no longer crave or drink coffee (ever!), and my sugar addiction has almost disappeared! I no longer drink diet coke and artificial sweetners are a thing of the past. As a Type2 diabetic I am thrilled with a recent blood test which revealed the lowest glucose reading I've had in over 9 months!

Here's a quick summary of what is inside. First up there is a list of reasons to juice. I personally found this interesting as funnily enough an investment guru I follow was recently talking about his personal journey with juicing and how it helped him overcome a skin disorder that his doctor said was uncurable. Secondly there is a guide to choosing juicers which is kept nice and simple, just a

few hints to help you choose a better model. Next there is a nutritional guide about what specific vitamins and other health properties are in a number of different fruit types. This also includes tips to help you minimise your pesticide intake including a number of fruits the author recommends to only buy organically. Onto the juice recipes. Each recipe is nicely divided into handy categories including: Cleansing and Detoxification, Weight Loss, Mental Acuity, Aging. The steps to follow are simple, nicely laid out and come with a number of tips. For all health conscious people, each recipe comes with dietary information such as calories, sugar, fat, carbohydrates, fiber, protein and sodium. Many of the recipes offered appeal to the tastebuds, such items as the fruit cleanse and the watermelon eruption are ones that stick out for me. Overall it is an excellent book that is sure to appeal to anyone contemplating a juice diet or looking to expand their juicing repertoire.

This is a fantastic Beginner's book for juicing. I saw 'Fat Sick and Nearly Dead' and was blown away to learn all the health benefits. I've been feeling gross since before Xmas and have been needing a change. So I hopped on and picked up three juicing books. This is by far my fave of the three. Well written with the voice of a friend giving advice. The layout is perfect and the recipes look great (haven't tried any YET). I read thru the whole book in one sitting this morning. Lots of great info. I definitely recommend!

I have two juicers - an Omega Masticating Juicer and a Breville Centrifugal - so my options are totally open! I love the way this book is divided into the various categories served by juicing (detox, weight loss, etc.). I have tried several and find them easy to make, and delicious. The only problem I have is with the juices that call for grapefruit, as I am on a medication that precludes ANY consumption of this lovely fruit (and I am a SERIOUS pink grapefruit lover!) I would have liked for there to have been a suggestion of which citrus would be an acceptable substitute for the grapefruit which I may not have because it affects the way my meds metabolize. Another discovery I made was when I was getting ingredients for a couple of the recipes that call for coconut milk...in my local grocery store, there are two varieties offered - regular and 'lite' - it would be helpful to know which version the author used in formulating her recipes. I opted for the 'lite' version and found the taste of the juice (Strawberry and Coconut Whip) so rich, I can not imagine how decadent it would taste otherwise! I am also a CreateSpace author and think there could have been better advice given to this author about the size of the book and the font, as the size seemed a trifle awkward, and a smaller font may have prevented an extra page being needed for only one sentence. All in all, I find the author certainly seems to be very knowledgeable and has done her homework on which ingredients

are best to achieve the desired goal - as well as making suggestions of the types of stores where some ingredients may be found. I have already earmarked 6 or seven of the recipes that are my favorites. Thank you, Sharon, for a very informative, easy to use, and instructive book.

We've been juicing for years and thought it might be nice to add a few new recipes to the mix. Pooped on and thought this one looked interesting. Even though we juice nearly everyday, far from what I would call a "beginner", I was really happy with the information provided in this book. It has a great variety of recipes for beginners as well as for people like us who are familiar with juicing but just want to try something new. The recipes are very easy to follow, delicious and the nutritional information is a great bonus! It was very well organized and explained why juicing is good for you, in addition to walking you through how to select a juicer. Overall it is an excellent resource for anyone contemplating juicing or just looking to expand their juicing repertoire.

The book has a lot of great recipes to start your juicing journey. The recipes are broken down to a few categories such as weight loss, Aging and beauty, and detox. She does give you a list of the right fruit and veggies to buy prior to start juicing. The author also lists the fruits and veggies that contain the most pesticides. I bought the book as a guide to start juicing to lose weight. The problem I have with this book is that some of the weight loss juicing recipes only provide you with 80-120 calories, is that enough to start your day with? Are you suppose to supplement these juice recipes with your breakfast? This is unclear and confusing. The author need to elaborate more on the weight-loss section of the book. Those of you that bought the book please comment how you are implementing juicing through out the day.

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