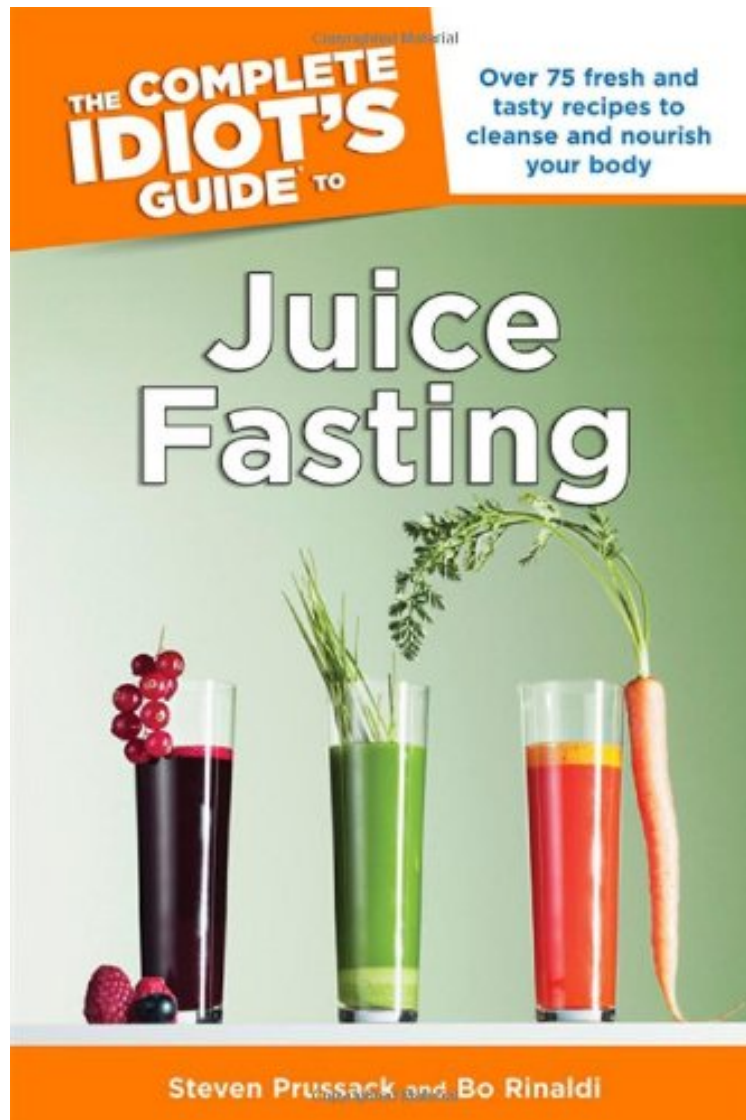


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The Complete Idiot's Guide to Juice Fasting (Idiot's Guides)

Steven Prussack, Bo Rinaldi

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Steven Prussack, Bo Rinaldi : The Complete Idiot's Guide to Juice Fasting (Idiot's Guides) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Juice Fasting (Idiot's Guides):

43 of 43 people found the following review helpful. Fabulous book on juice fasting!!By RosieThis new book has gotten me interested and excited to do a juice fast again. I had previously done a three day (and expensive) juice fast from a well known juice bar in NYC...it was supposed to be five days but I tired easily of the juices that did not taste so good and because of a lack of variety. In The Compete Idiot's Guide to Juice Fasting, Steven Prussack and Bo

Rinaldi make sure that there are plenty of juicing options so that anyone can start juicing either for a meal replacement, for a day, a week, 28 days or for even longer. From combining pineapple/grape/ginger to apple/pink grapefruit to cucumber/beet/coconut to carrot/parsley/cabbage- all of the juices sound delicious. The other amazing thing about this book over other programs, is that the authors walk you through how to prepare for a juice fast (or feast as they call it), what to expect while on it and, most importantly, how to break it correctly and resuming eating so that none of the benefits are lost. This book is a great resource for anyone interested in their health and wellness. 10 of 10 people found the following review helpful. Don't be fooled by the "Idiot's Guide" title By Sarah W. I was skeptical about buying a complete idiot's guide, because I don't consider myself an idiot regarding juice cleansing. However, this book has surpassed my expectations so far. It's nice to have planned out recipes rather than having to come up with tons of recipe ideas on your own. It seems like there was a lot of thought put into nutritional content (the juice fast recipes are heavy on the green juices), variety, and flavor. I've enjoyed almost all of them so far (I'm doing the 6-day Skin fast on pg. 71). And because the recipes are super dense with nutrition, I haven't been left feeling crappy in the middle of the day. I would definitely recommend this book to others looking to do a juice cleanse the right way. 2 of 2 people found the following review helpful. Absolutely pleased with this purchase! By D. Diaz I have purchased several "juicing" books but didn't find what I was really looking for until I purchased this book! Although the other books have useful information, I really wanted more on the subject of "detoxing" and menu plans. I've read this book beginning to end and love it! It not only answers questions to why juice, which juicer, the benefits of juicing and great recipes...but mainly for me..what symptoms can arise (especially if you have a lot of toxins in your body like I do) and helpful suggestions to rid your body of toxins while juice fasting. I especially appreciate the 1 day, 7 day, 1 week a month, 28 day, 40 day (and more for radical cleansing) menu plans...the authors make it real simple to follow, which is what I needed. Before I read this book, I tried juice fasting without a plan and found myself very hungry. I knew I wanted to do this but needed help...and that's what I got from this book! It's funny...but I bring this book everywhere I go! I love to share with my friends, family and anyone who'll listen..that we don't have to live with aches, pains, fatigue, diseases, etc.!!! I believe God gave us these perfect foods for a reason and that we need to get away from the horrible non-foods and gmo foods we put in our mouths that are destroying our health and our lives! I believe this book will give you the necessary tools to take that step!

Juice fasting can be a powerful, transformative undertaking that does absolute wonders for the body. From detoxifying and cleansing, to weight loss, to increased energy and a reinvigorated digestive system, a juice fast can transform the body in a matter of weeks, or even days. However, maintaining a fast can also be a difficult undertaking without proper instruction and an understanding of the nutritional components of the fast -- so clear guidance and recipes that satisfy the palate are essential to success. The authors of *The Complete Idiot's Guide*; to Juice Fasting take readers through a number of different fasts and help them choose the right fast to lose the pounds, cleanse their systems of undesirable waste and toxins, and be on their way to feeling renewed and recharged. The authors arm readers with over 75 fantastically delicious and powerful juice recipes that will not only give readers what they crave in taste, but will help them fully recognize the transformational benefits of the juice fast.