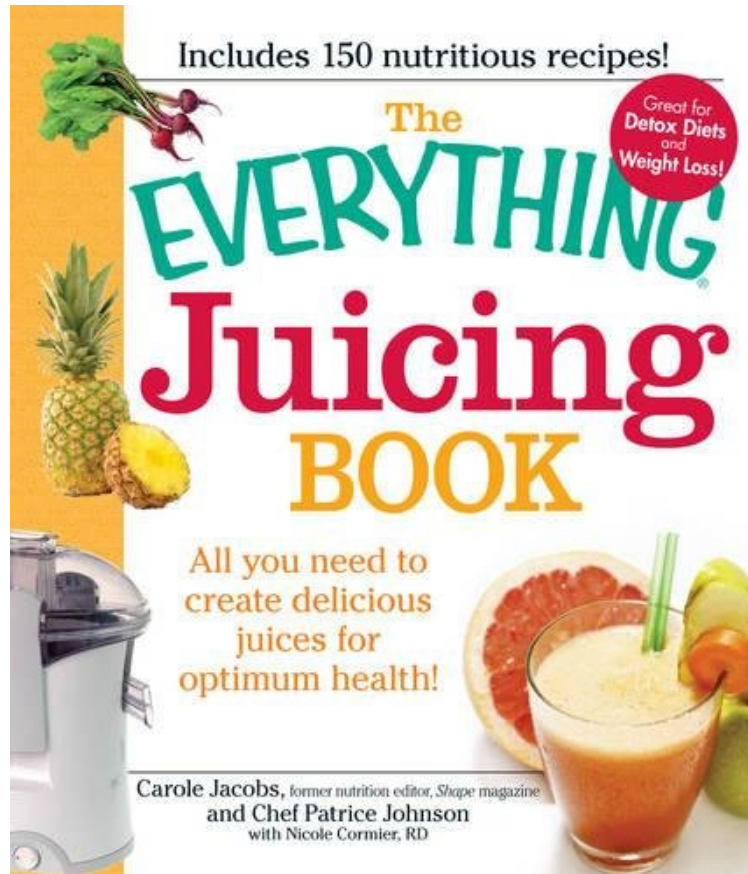


[Free] The Everything Juicing Book: All you need to create delicious juices for your optimum health

The Everything Juicing Book: All you need to create delicious juices for your optimum health

Carole Jacobs, Patrice Johnson, Nicole Cormier
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Carole Jacobs, Patrice Johnson, Nicole Cormier : The Everything Juicing Book: All you need to create delicious juices for your optimum health before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Everything Juicing Book: All you need to create delicious juices for your optimum health:

166 of 167 people found the following review helpful. New to JuicingBy Internet Shopper I am new to juicing and I just love this book! It has so many yummy recipes and it gives just enough information on the nutritional aspects of the ingredients. My favorite part is the customized recipes for just about any ailment you can think of. It's easy to read and well written. I have never liked greens before and they have many recipes to help mask the taste. There are detailed sections on vitamins and their function. This is an excellent home remedy book for all juicers. It has recipes for weight loss, asthma, detox, bloating, cancer fighting, heartburn, the list goes on. I don't feel the need to buy any other juicing books at this point. 70 of 71 people found the following review helpful. Much more than I expected! By Customer Just got our copy today and I have already made a dent in reading it. I wasn't sure about this whole juicing thing, but really wanted to try it after seeing Fat, Sick and nearly Dead, but he doesn't offer any information about why

things are good for you and what each offers. This book goes in depth about the various fruits and veggies, what their flavors are, what goes with what, and which types are best for certain health issues. There are a lot of recipes, most of which look really good! I can't wait to dive into the various recipes!

0 of 0 people found the following review helpful.
Great recipes, bad set up
By SaraHeck
I really like the content of this book, I really like the recipes, but I really DO NOT like the way the recipes are set up. The book is "sectioned off" with different chapters and the recipes are mixed in with health info- which in theory is really great- you can see what recipes are good for what you just read. However, it's not so great when you want to thumb through and find a recipe based on what produce you have. I wish the recipes were all together in the back of the book, and the info just referenced to recipe names / page numbers. Instead, at the end of each chapter, there is a handful of juices that are "good for ___" (detoxing, cancer, asthma, etc.. whatever chapter you're reading) That being said, there is a lot of good information for the newbie juicer. I've tried a handful of recipes and have liked them all (my favorite is the Bloody Caesar). To me, its set up more like a text book rather than a recipe book. Which is okay, because you do get a lot of info, I have just found it "difficult" to find a recipe based on ingredients. I'm usually not looking for a recipe because its good for my asthma, I'm looking for a recipe because I have X, Y, Z produce and want to know what would be good together. If you're new to juicing though, I think this book is a good one to start with since you do get so much information on the health benefits and cautions you need to take when juicing.

Don't eat your veggies, drink them! If you're one of the millions of Americans who doesn't get their recommended daily amounts of fruits and vegetables, juicing is the perfect solution! This book is packed with 150 recipes to make consuming fruits and veggies fast, delicious, and fun, including: Asparagus squash medley
Grape citrus apple juice
Orange lemonade lift-off
Broccoli apple carrot with parsley and lemon juice
Strawberry patch juice
This handy guide explains why millions of people have turned to juicing to help ward off everyday disorders like colds and migraines, promote longevity, shed excess pounds, and prevent and treat serious diseases. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer!

About the Author
Carole Jacobs is the former senior editor, nutrition editor, and founding travel editor for Shape magazine, and the travel editor for Shape's sister publication for older women, Living Fit. Jacobs is now the fitness editor for Travelgirl magazine. A nationally recognized writer, her work has appeared in more than 250 national publications. She has authored several books, including Detox for the Rest of Us and Fat-Free and Fit.
Chef Patrice Johnson graduated with high honors from the California School of Culinary Arts in Pasadena, California, which is affiliated with the prestigious Cordon Bleu in Paris. The owner of Mystique, Your Personal Chef, Chef Johnson specializes in catering, special occasion dinners, and everyday dinners for clients. In addition, she is an ACE-certified personal trainer. She lives in California.
Nicole Cormier, RD is a registered dietician and owner of the nutrition counseling company Delicious Living Nutrition. She is certified in adult weight management from the Commission of Dietetic Registry. Cormier often advocates juicing as a beneficial tool to nourish bodies and increase energy levels.