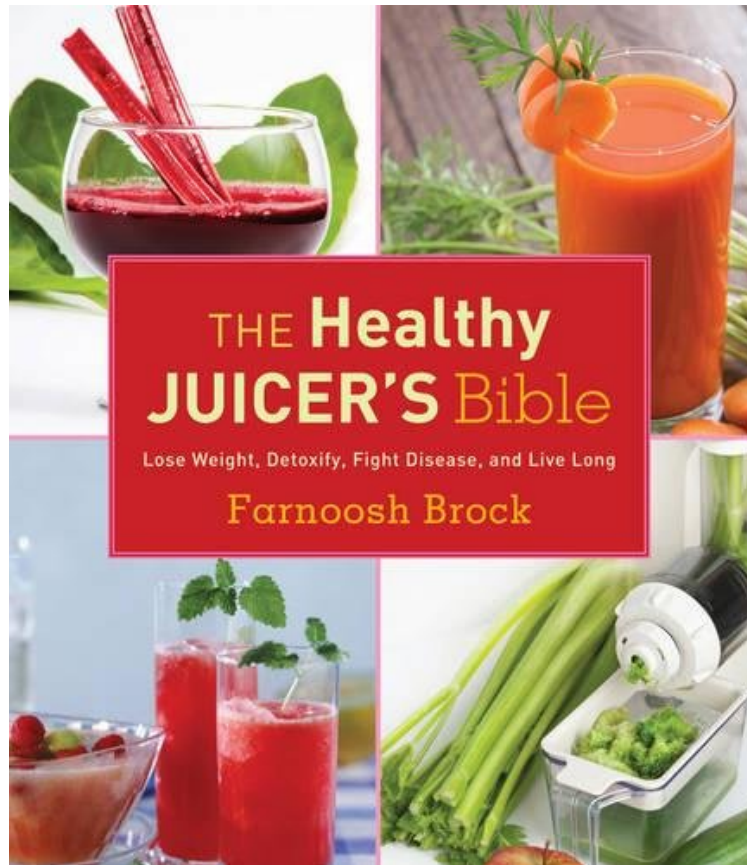


The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, and Live Long

Farnoosh Brock

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Farnoosh Brock : The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, and Live Long before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, and Live Long:

123 of 124 people found the following review helpful. Absolutely Fantastic!By DanWe are so incredibly happy with The Healthy Juicer's Bible! My wife and I have been juicing for well over a year and sort of "fell into a rut" with our juicing. What I mean is...we kept doing the same 1 or 2 recipes over and over again Not a huge deal but after a few months of the same juice it gets a little "routine." We wanted to put a little more excitement in our juicing life and along came this book! Let's just say that things got a lot juicier around here!This book is great for all levels of juicer; someone just getting into juicing, someone who is a regular juicer, and even expert juicers will find some great new recipes and guidance. From discussing the benefits of juicing, through how to select a juicer, to the holy grail...conducting a juice fast...this little book covers it all!Now the bonus(s): This little book is beautiful! At 288 pages, the content certainly isn't "little", but the size of the book is perfect! At about 7" x 6" it's the perfect size to handle easily without being unwieldily. And the pictures? BEAUTIFUL!!!!So, if you're on the fence between this

book and others, we found this to be the most comprehensive, well rounded, easy to follow and informative for all levels. Further, it by far has the most recipes of any other book we've purchased. So, bottom line, purchase The Healthy Juicer's Bible with confidence, knowing that it's a powerhouse of great tips, information, pictures, and amazing recipes! Enjoy!

7 of 7 people found the following review helpful. Very Informative Starter Book
By BookwormGirl
This was a very good, informative, beginners guide for juicing. Let me start by saying that I did NOT purchase this book with the intent on going on a juice diet. I just wanted a book to explain the pros and cons of different types of juicers, as well as the benefits of juicing certain fruits, and vegetables. This was all new to me, and I needed a book to reference. That being said, I actually read this book from start to end. The authors writing style kept me interested, and I found her recipes to be quite easy to make. None of the ingredients were difficult to find. Most of the juices tasted great too. I strongly recommend this book as a starter book for juicing. It has helped me tremendously, as I am no longer afraid of my juicer, lol

2 of 2 people found the following review helpful. Don't Juice Without It!
By Tuesday
This book should come with a Warning Label -- don't juice without it! I began my juicing journey about 7 months ago by reading online information, watching infomercials, and listening to friends; all of which left me very confused and somewhat misinformed. This book cleared all the fog! I'm so happy that I clicked the BUY button and ordered this as my first juicing book, otherwise I might have given up early in my journey. The photographs in this book are picture perfect. My weekly goal is for my kitchen island counter top to look similar to these photos...inspiration waiting for me to arrive home from my day. She puts it all out on a silver platter for you; a quick and easy read, with no fuss, so that you can get on with your juicing. And I LOVE that the book is accompanied with a touch of her personal journey. Who doesn't love an inspiring story? There are plenty of recipes in book; I have not needed any other source but she does include a section on how to create your own delicious juices. I have several friends who have started juicing recently and I have given several people juicers as gifts. I always treat those people with a copy of this book. I could say a lot more but the bottom line ... juice at your own risk without this book. Especially a necessity for any newbie to juicing.

Whatever your fitness regimen, health goals, or daily routine--this is a massive book of juicing tips, guides, and how-to plus recipes for every occasion. A Comprehensive Guide for All Your Juicing Needs
Free radical-fighting blueberries, nutrient-rich kale, or protein-packed spinach--every fruit and vegetable you can think of pairs up in this juice bible for devoted followers of the juice craze that's sweeping the nation. A passionate green juicer for over five years, author Farnoosh Brock shares her knowledge, discoveries, best tips, and lessons learned from her years of green juicing! She gives you the good, the bad, and the ugly so you can make smart and informed decisions as you learn how to heal your body and return it to harmony using healthy plants from your farmer's market, garden, or produce aisle. Uncertain how your body will react to green juicing with a sensitive stomach? Wondering how to stay motivated after the initial excitement wears off? Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward in this journey. She shares details on the benefits of juicing for life and on forming a habit. Whatever your fitness regimen, health goals, or daily routine--this is a comprehensive resource discussing every aspect of the wonderful world of juicing!

From the Author
Hi sexy gorgeous juicer,