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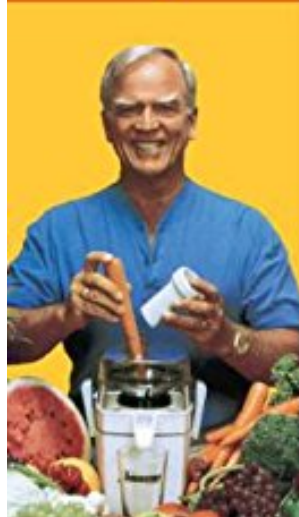
The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of Common Ailments

Jay Kordich

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the JUICEMAN'S

POWER
of juicing



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JAY KORDICH

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Jay Kordich : The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of Common Ailments before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and

Relief from Scores of Common Ailments:

3 of 3 people found the following review helpful. Oldie but goodie
By Joanna D. I think this is still one of the best juicing books out there, and it's one of the first ever written on the subject. The author started selling juice machines fifty years ago and he's still going strong. His recipes are great and I make these for myself or friends every day. I like the juices with cucumber for that summer swelling you get in your feet and legs. The addition of ginger to many recipes makes my sore joints feel better. A glass of this juice first thing in the morning is more stimulating than coffee and gives a real lift on the way to work. My favorite mixture is base of apple-carrot-celery-ginger with a quarter of a beet and a half a lemon and a handful of parsley. Two other tricks: find your favorite recipe in this book and freeze the juice in ice pop molds. You can have a frozen treat with no added sugar and it's very refreshing on those hot summer afternoons. Also good for kids who want frozen treats and you don't want them swilling sugar all day. A sneaky way to get vegetable vitamins into them. The second trick is to use up vegetables that need to be finished up in your refrigerator. If those carrots or apples have been there for a bit, juice them to save them from spoiling. Freeze any excess juice in quart freezer bags. Not ideal as juice should be drunk immediately to get the enzyme benefits, but certainly convenient and freezing slows down any degradation or fermentation.

6 of 6 people found the following review helpful. Wonderful Recipes
By Sandra VanI have purchased many books on juicing. Most of them have strange ingredients in the recipe or hard to find ingredients. Not this book. The author gives some very simple and yet wonderful recipes that I use on a daily basis. I live in a small rural town so it isn't practical to have a juicing book that requires hard to find ingredients. I can find all the ingredients that the author has listed in this book. If someone asked me to recommend a book on juicing, I would recommend this one as their first choice. It is not only good for the beginner but also the more experienced juicer. Happy Juicing! Thanks Jay for such a great and yet simple book.

6 of 7 people found the following review helpful. Excellent Beginner Book and I Will Refer to it Often
By LLBI have been eating raw fruits and vegetables for 7 weeks and juicing for the past 2 weeks. My focus is to eliminate toxins from my body and put into my body only that which is healthy. My weight loss of 15lbs is a huge bonus. Since I am a beginner, I need information on what to eat for general health, what to eat for specific ailments, how important each of these foods is for my body, which food combinations should and should not be created, many recipes and how to select and store fruits and vegetables. This book has it all. I checked this book out of the library yesterday and devoured it within hours, even reading all of the recipes. I wanted my own copy to highlight important pieces of information I can refer to at a glance, so I just purchased this book today. I will refer to this book many times a day until I have it memorized. I will recommend it to anyone interested in healthy eating and juicing. I have watched every documentary on Prime and Netflix on healthy eating, many of which are specifically about or at least refer to the Gerson Therapy. This Juiceman book states in the intro, that the author was cured of ailments back in the 50's by Max Gerson and this is why he understands how important it is to eat raw fruits and vegetables and juice them. This is the only mention of the Gerson Therapy in this book.

The secret to staying healthy, looking young, getting trim, and feeling great? The natural healing power of fresh fruit and vegetable juices. The Juiceman's Power of Juicing shows how you can use fresh juice combinations to improve your health. Simple, flavorful recipes for drinks such as Grape-Pineapple Punch, Carrot-Cantaloupe Coolers, and Pear-Apple Cocktails can help you lose weight, overcome fatigue, reduce your risk of many serious diseases, and relieve scores of common ailments. The Juiceman's Power of Juicing is the ultimate guide, for beginners and for avid juicers, to the health revolution that will give you more energy and have you feeling and looking better than you ever dreamed possible!

From Publishers Weekly
Written by juicing pioneer and juice machine marketer "The Juiceman" Kordich, this primer will attract readers hip to a new health craze. Juice is the health food of the moment, a tonic, some believe, for various maladies. And while the author is cautious about depicting his juices as panaceas (he heralds juicing simply as "a magnificent way to feed the body with valuable vitamins and minerals"), he clearly believes people should use juicing for what ails them. Recipes like "the blemish blaster" are fully designed with sickness in mind. Yet not all the juices are medicinal. Included are some interesting fruit combinations: morning blush (pineapple and pink grapefruit) and ginger jolt (apples, pears, gingerroot). The two "milkshake" recipes--"creamsicle in a glass" and strawberry shake--are inventive, calling for fresh-squeezed fruit juices and a too-tiny-to-be-toxic smidgen of nonfat dry milk. Recipes, however, are really a small portion of the volume. Kordich delves into the nutritional values of assorted fruits and vegetables, and gives information about purchasing and storing perishable produce. He also includes a question-and-answer section about juicing, containing his very practical solutions to some of juicing's challenges. Author tour; BOMC alternate. Copyright 1992 Reed Business Information, Inc.
From Library Journal
Television's "Juiceman" Kordich has collected nearly 100 of his favorite fruit and vegetable juice recipes along with a general introduction to the health benefits of juicing. The book nearly glows with the author's enthusiasm for his mission, helped along by the sunny colors and summery, fruity tastes of his mixtures with names such as Tropical Sunset, The Key West,

Crimson Song, and Tangerine Sky. In addition to the standard carrot and apple, Kordich has created quite a number of unusual juice combinations; he even manages to make Red Pepper Juice sound appetizing, although the jury is still out on Sweet Potato Magic. To his credit, Kordich makes no outrageous health claims, although it is clear that he attributes his own good health to a daily regimen of fruit and vegetable juices and a low-fat, high-fiber diet. Kordich's book is not the last word on the subject, but it is filled with new, unusual, and delicious recipes to add to your juicing file. Recommended for most libraries.- Jeffery Ingram, Newport P.L., Ore. Copyright 1992 Reed Business Information, Inc.