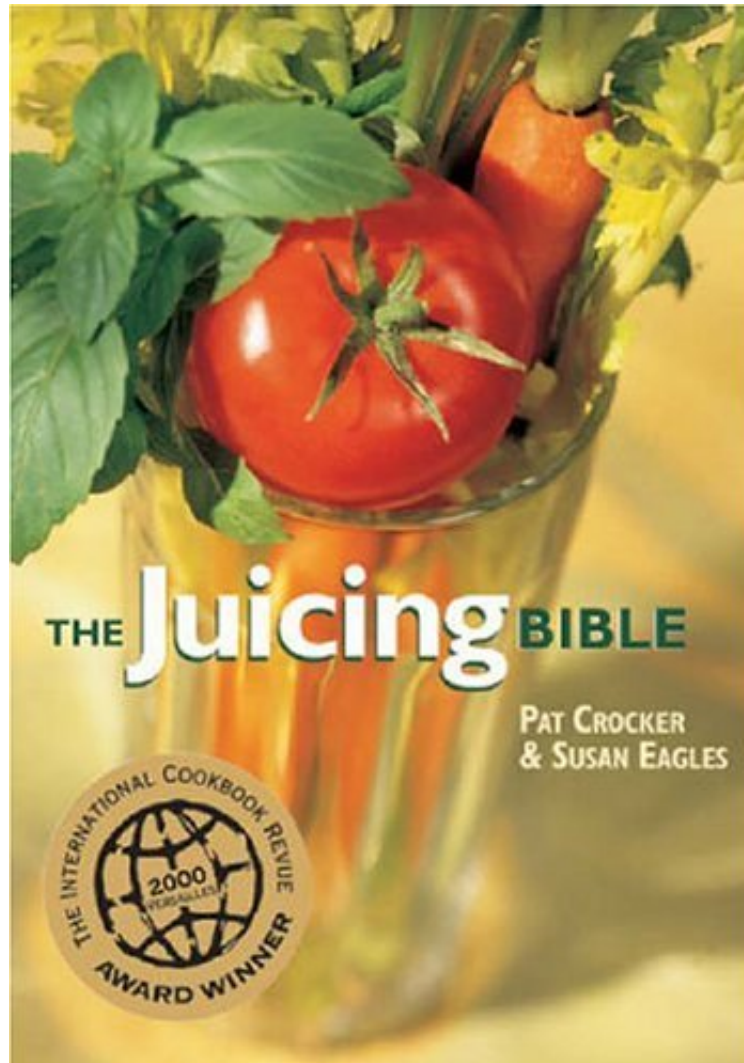


(Get free) The Juicing Bible

## The Juicing Bible

*Pat Crocker, Susan Eagles*

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#1307708 in Books Pat Crocker and Susan Eagles 2000-10-07Original language:EnglishPDF # 1 .81 x 6.60 x 9.72l, #File Name: 0778800199288 pagesFor years nutritionists and health practitioners have urged North Americans to eat more fruits ...Sold individually 10"H times; 7"WSee Product Description below for a complete description of this item. | File size: 71.Mb

**Pat Crocker, Susan Eagles : The Juicing Bible** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juicing Bible:

0 of 0 people found the following review helpful. Great starter for a BeginnerBy D. R. Marcelli'm a beginner and found the book very informative. I'm not in a position to make comparisons as The Juice Bible has been my first read. To say that it covers the full field I can say it does not, somehow I was led into Wheatgrass for its nutritional potency and Pat, Susan and associates have ignored or over looked grasses and sprouts. If you are juicing for better health I

would think the reader would need to learn about grass and sprouts. The book was published fourteen years ago and could be out of date, what the book has provided this beginner to juicing has been valuable. For those just entering juicing learning about the types of juicers and their limitations can save one from making a costly mistake. 0 of 0 people found the following review helpful. Art of the juice By Devon From A to Z study dont read. 0 of 0 people found the following review helpful. Five Stars By Sticker Sheryl GREAT JOB

For years nutritionists and health practitioners have urged North Americans to eat more fruits and vegetables. Why? Because these foods are low in fat, and are important sources of essential vitamins, minerals and fiber. Yet many of us -- even the most health conscious -- still don't consume the recommended 5 to 10 servings a day. So what's the solution? For some people, the answer lies in vitamin and herbal supplements, both of which have enjoyed explosive sales growth over the past decade. But recent research suggests that whole, natural foods are still the best source of nutrients. And there's no easier or more effective way to add fresh fruits and vegetables to your diet than by juicing them. Now, with *The Juicing Bible*, there's a new and comprehensive source of information for anyone who wants to explore the health benefits of juicing. Here you'll find a fully illustrated reference documenting the nutritive values and healing properties of over 100 fruits, vegetables and herbs. There's also a special section that addresses 60 common health conditions -- with prescriptive advice for using specific juices, as well as beneficial dietary and lifestyle changes. And, of course, there are the juicing recipes themselves -- over 150 of them, including flavorful juices (sample a Crimson Cleanser or Beta Blast), smoothies (try the Pump It Up or Cool Down), tonics, bitters, coffee substitutes and healing teas. With helpful sidebars, health tips and preparation techniques throughout, *The Juicing Bible* is jam-packed with information. It's a BIG book -- the biggest we've ever published -- and it's an essential guide for anyone who wants to explore all the nutritional benefits that natural foods can provide. Why Juice? Research has shown that freshly juiced fruits and vegetables contain literally thousands of natural chemicals that simply aren't provided by nutritional or vitamin supplements. These substances, called phytochemicals, are only now being understood; but a number of studies suggest that they play an essential role in ridding the body of potential carcinogens, as well as protecting against cellular damage. Fresh juice (unlike commercially prepared juice) contains a number of enzymes, which are essential to the proper function of the human metabolism. Juicing removes much of the indigestible fiber in fruits and vegetables, which means that a substantially larger amount of available nutrients can be absorbed by the body. One study has shown that a carrot, when juiced, delivers 100 times the beta-carotene of a carrot eaten whole.

From Booklist Advocates of fruit and vegetable juices cite the high levels of vitamins and antioxidants in these products. Ironically, juicing requires an electrically powered machine to reduce raw fruits and vegetables to a drinkable liquid state. Pat Crocker and Susan Eagles have produced *The Juicing Bible* to stretch the imagination of those who own juicing machines. They promote unusual combinations of juices such as beets, ginger, apple, celery, chile, and garlic to vary otherwise humdrum products. While some may question the health-claim benefits outlined in the book's first half, interest in healing through natural foods continues to grow. The book's extensive lists of juice combinations make it a very useful reference. Mark Knoblauch Copyright copy; American Library Association. All rights reserved The book's extensive lists of juice combinations make it a very useful reference. -- Mark Knoblauch, Booklist, February 15, 2001 This book makes a good nutritional reference for anyone who is serious about his or her wellness. -- Karen Rallo, South Bend Tribune, December 11, 2000 [The authors] espouse the nutritive value of the vitamins, minerals, and fiber in fresh juices. -- Anne C. Tomlin, Library Journal, May 1, 2001 From the Publisher Winner of "The Best in the World" in the category "The Best Health and Nutrition" at The World Cookbook Fair Awards in Perigueux France on November 11, 2000. The sponsoring organization, The International Cookbook Revue, is dedicated to books about food and wine.