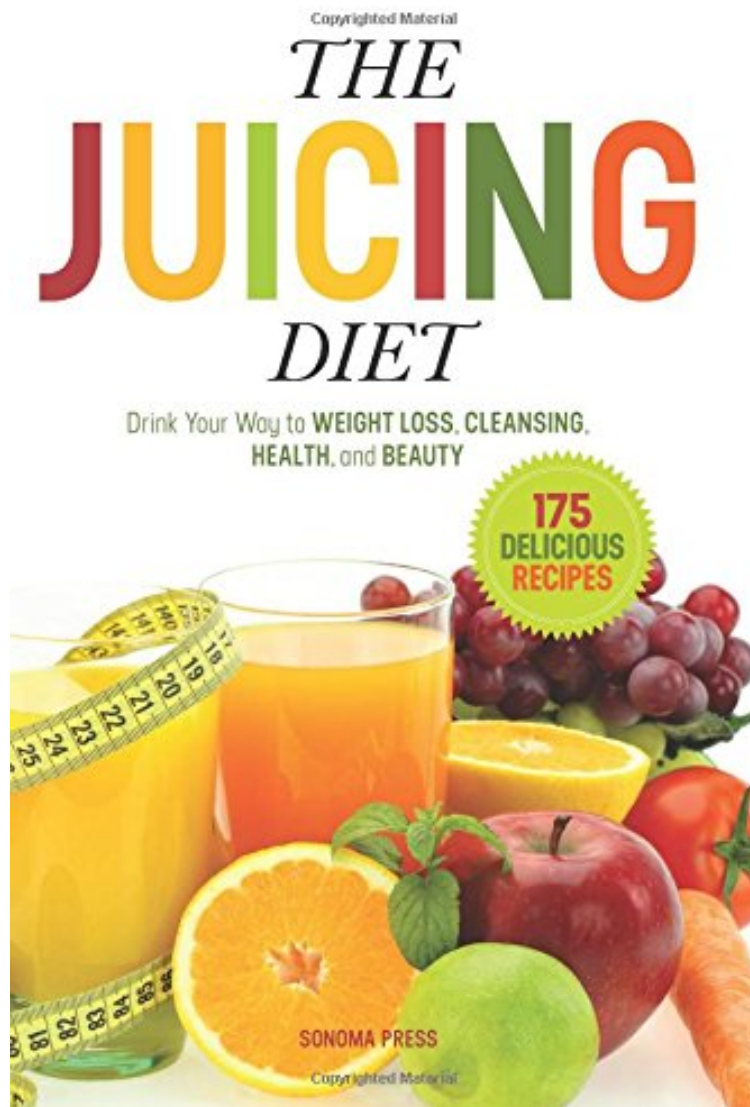


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# The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty

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**Sonoma Press : The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty:

11 of 12 people found the following review helpful. Juicing is a healthy way to change your body as you change what

you eat and drink

By Barbara Alpert Even if you're motivated, it's still hard to figure out on your own how to use juicing as a tool for healthy weight loss. I like THE JUICING DIET because it recognizes that you can't change overnight. Instead, it suggests a sequence of menu changes that support you as you move from eating an unhealthy diet that is keeping you heavier than you'd like and evolve into someone who can manage a 15 day juice cleanse. This book provides an abundance of delicious-sounding juices — 40 green juices, 45 fruit juices, 60 vegetable juices, and 30 savory/spicy juices. But even with all those great recipes, you still have to figure out how to make juicing work. You begin with a 7 day "reboot", and each day you let something go, whether it's processed meats (goodbye, bacon), dairy, caffeine, and ultimately all meat products. Then you begin a 5 day intro to the juicing lifestyle, snacking on juices twice a day but still eating healthy vegan foods at each meal. Then you're ready to take the leap — and get slimmer. A 15-day all-juice, all the time, cleanse, is hard to contemplate but it can be great for your body. You drink 5 juices a day — two eight-ounce juices as snacks and three twelve-ounce juices at meals. After that, you transition back to eating solids, but in a healthy way. This book makes you believe you can do it — or if you aren't ready to commit to all juices, still gives you the tools to add tasty healthy juices to your daily food plan.

3 of 3 people found the following review helpful. Life's Joys Review

By Life's Joys I really enjoyed this book on Juicing. It provided plenty of benefits, downsides, instructions, different options, etc. It was also extremely easy to read. I really am interested in getting a whole day's worth of vitamins in one glass, instead of taking pills or eating a huge amount of fruits or vegetables. I was also surprised to hear that some of the fiber is removed when juicing, so to keep some of the skin on it; that was an interesting fact. There are great tips they give you, on how to really boost the power of your drink, or add a piece of fruit to make it sweeter and easier to drink, etc. I am excited to start this regimen in my every day diet. I love that it helps your metabolism, promotes heart health, and so many more benefits, depending on what types of fruits or vegetables you decide to use. The possibilities are ENDLESS! Not to mention so much cheaper than the \$5-7 dollar fruit smoothies you get at other places. This was such a great and helpful read.

3 of 3 people found the following review helpful. Raw juice just tastes better!

By Lily Manhattan As a person who hates taking pills but needs a convenient way to get my nutrients in I loved the idea of drinking an entire day's worth of vitamins in a single meal! I've always been interested in juicing and the book says that the juices boost the body's immune response. I'm allergic to most store/brand synthetic bottled vitamins. I've gotten headaches, migraines, constipation and the like from huge vitamins but like most people I don't have the time to make sure I eat 5 oranges in a day and a pound of beets. The solution: raw juicing. Juicing vegetables with fruits to mask the flavor is an invaluable life hack! Totally love that idea and how clearly it's explained in this book.

A juicing diet can boost your immunity and help you lose weight. Studies have shown that adding juicing into your diet can improve your body's immune response, reduce your risk for chronic disease, improve your skin and hair health, and help you easily lose weight. Fresh fruits and vegetables are loaded with vitamins and minerals, and by juicing your produce, you get all of the benefits of your produce in the purest form. The Juicing Diet is your guide to experiencing the benefits of a juicing diet. With 175 delicious juicing recipes packed full of nutrients and antioxidants, you can detox your body and begin to feel more energetic right away. The Juicing Diet will help you lose weight and improve your well-being with:

- 175 delicious and nutritious juicing recipes
- Introduction to the many health benefits of juicing
- 30-day juicing weight-loss plan
- Special tips on juicing for beauty, weight loss, and detox
- 10 steps for success on a juicing diet

Whether you're looking for a foolproof way to lose weight, or you just want add more nutrients to your diet, The Juicing Diet is sure to quench your thirst and give you an energy boost to power you through your day.

"Healthful suggestions for both juicing beginners and devotees." — Kirkus

About the Author Arcas Publishing was founded in 2013 by veterans of the technology and digital media industries. Using a data-driven approach, Arcas identifies topics of consumer interest and produces extensively-researched, high-quality books that enable readers to lead healthier, more fulfilling lives. Arcas Publishing has worldwide distribution, and is based in Berkeley, California.