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## The New Green Juicing Diet: With 60+ Alkalizing, Energizing, Detoxifying, Fat Burning Recipes

Elizabeth Swann

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**Elizabeth Swann : The New Green Juicing Diet: With 60+ Alkalizing, Energizing, Detoxifying, Fat Burning Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised The New Green Juicing Diet: With 60+ Alkalizing, Energizing, Detoxifying, Fat Burning Recipes:

8 of 8 people found the following review helpful. Sick and tired of feeling sick and tired?By J. ChambersIn "The New Green Juicing Diet," juicing advocate and author Elizabeth Swann makes a compelling case for adopting a healthier

lifestyle based on replacing one or two meals a day with fresh green vegetables and fruits. She claims that green juices treat health problems at their root causes instead of just working to alleviate symptoms. The green juice regimen also eliminates processed foods, gluten, and dairy products. The 60+ juice recipes in the book use 100% raw, preservative-free vegetables and fruits, which is in line with most of the vegan and raw food diets that have been adopted by many people. She explains the differences between using a juicer and a blender, and why juicers are preferred. She emphasizes the point that it's virtually impossible to get enough nutrients, phytochemicals, and enzymes from eating raw green vegetables, and that juicing is the only practical way to obtain all the benefits from these vegetables. The book includes a chapter on the different types of juicers, with tips on features to look for in a juicer. Organically grown produce should be used if possible in order to avoid pesticides and other chemicals, but there's a list of vegetables that are generally safe as non-organically grown. There are also some tips on buying vegetables and fruits on a budget. The book has chapters covering detoxing with green juices, plus benefits such as weight loss, mental alertness, and fighting stress. The book concludes with green juicing FAQs, and a comprehensive list of green vegetables and fruits, with their nutritional benefits, how they taste, and possible side effects. It's a very worthwhile book for anyone interested in adopting a green juicing lifestyle or who simply wants to know more about the subject.

3 of 3 people found the following review helpful. An unmatched book for juicing  
By Customer  
'The New Green Juicing Diet' was an absolute treat to come across when I was browsing for recipes for my juicer. There is a recipe in here for your every particular need, whether you want skin that glows and/or lasting energy for your day--and of course to lose weight! All of the recipes in here are broken down to their particular benefits, which takes out the guesswork of finding and combining the right fruits and vegetables for the results you want. There is even a chapter that explains the different juicers out there and what they do and don't do right down to their parts and price, and a weekly shopping list for your fruits and vegetables for added simplicity. This is an unmatched book that covers everything you can want out of your juicer for improving your health.

0 of 0 people found the following review helpful. Exactly what I was looking for  
By Michael Anthony  
I was looking for a simple how-to guide with recipes for making juices and smoothies with a blender. In this book I learned how to make my own recipes for juicing using a simple formula for choosing which ingredients and how much to use. Also included with the guide are 60 recipes for detoxifying your body, losing weight, and green juicing for improved health. With tips on how to choose produce, prepare the ingredients, and how to make green juices and healthy smoothies I found the info I need to start my new juicing routine.

Kick Start Your Journey to Amazing Health Today with this Comprehensive Green Juicing Guide! Are you sick of salads but keen on greens by any other means? Discover easy ways to quickly tap into the wonderful world of green juicing from the comfort of your own home. Follow in the footsteps of doctors, celebrities, nutritionists and health food experts who all rave about green juicing health benefits. Start Enjoying The Powerful Health Benefits From Your Very First Sip! Meet Bestselling Author, Licensed Naturopath and expert Juicer Liz Swann. Her new book "The New Green Juicing Diet" focuses on Seven of the most important SECRETS to achieve amazing health, without burning holes in your pockets. Elizabeth will teach you how to: Detox your body by flushing out toxins with green juice cleansing and green juice fasting. Activate your body's natural weight loss mechanisms to get rid of sugar cravings, hunger pangs and shed inches fast. Give your brain the nutrient boost it needs to stay focused throughout the day. Unleash your true green energy potential, and experience higher levels of vitality you never imagined of. Reverse the cellular damage of stress and anxiety by rebuilding and balancing your hormones with the power of green juicing. Stay healthy all year round and keep illness out by strengthening your immune system. Enjoy shinier and healthier hair along with stronger nails by promoting health from the inside out! Join Liz Swann and benefit from her dedicated 10-years of juicing experience as she shows you how to easily prepare 60 Hand Crafted, Delicious, Mouth Watering, And Fool-Proof Green Juicing Recipes That Are Guaranteed To Be:-- Nutrition packed-- Quick and easy-- Beginner friendly-- Budget friendly-- And even Kid friendly! Liz Also Includes Very Important Facts You Need To Learn To:-- Choose the best juicer for your specific needs-- Add an extra boost to your green drink with super foods-- Green Juice on a (tight) budget-- Create a daily Green Juicing routine-- Create a weekly green juicing shopping list  
Special Bonus Inside! Get instant access to Elizabeth's online email course "10 Days To Everlasting Health" which is currently selling for \$17, but you get it for FREE when you purchase The New Green Juicing Diet! Get the Most out of Your New Green Juicing Diet and embark on a great adventure to discover how Green Juicing can help you obtain Essential Physical and Mental Health Benefits. Ready? Then scroll to the top of this page and pick up your copy today!

About the Author Elizabeth Swann (Miller) has over 10 years of experience as a practicing Naturopath (ND) specializing in healing through nutrition. She has degrees both in Psychology and Naturopathy. As a person struggling with overweight throughout her childhood, teens and early 20's, Elizabeth decided to take charge, take stock and start making changes in her life for the better. Her experiences with thousands of clients and her own personal experiences have led her to become an author. Her goal is to educate as many people as possible about the healing powers of food and how to easily incorporate these changes into daily life. Elizabeth has two daughters and currently lives and

practices in Mount Carmel in sunny Israel. Want to talk with Elizabeth? Email her at:  
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