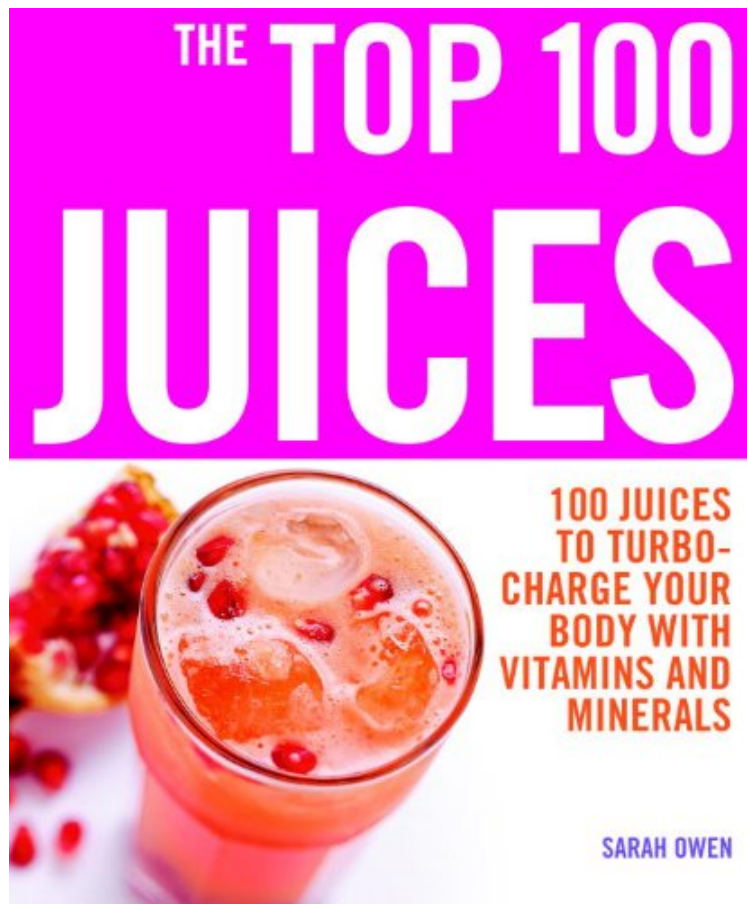


[Mobile book] The Top 100 Juices: 100 Juices to Turbo-Charge Your Body with Vitamins and Minerals (The Top 100 Recipes Series)

The Top 100 Juices: 100 Juices to Turbo-Charge Your Body with Vitamins and Minerals (The Top 100 Recipes Series)

Sarah Owen

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Sarah Owen : **The Top 100 Juices: 100 Juices to Turbo-Charge Your Body with Vitamins and Minerals (The Top 100 Recipes Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Top 100 Juices: 100 Juices to Turbo-Charge Your Body with Vitamins and Minerals (The Top 100 Recipes Series):

9 of 9 people found the following review helpful. Great Resource for Jucing NewbiesBy Reeseey M.Purchased a juicer after watching Fat, Sick and Nearly Dead. Tried a few thigs on my own but needed some guidance. Found this book on and it was just what I was looking for. Photos are beautiful, recipes are easy, love the way recipes are sorted, and the book is a great resource. I have made quite alot of the juices and every one is a winner! I highly recommed this book to any one looking to get into juicing but not knowing where to start.2 of 2 people found the following review helpful. Worth more than money!By Sherri JacksonThis is book is "AWESOME". I carry it with me all the time

because I never know when I'm going to pass a vegetable stand or grocery store. I find myself purchasing fruits veggies pretty much everyday. There are so many fruit veggie combinations in this book with results that could help a person live a much healthier life. It is said we need to consume 8 servings of fruits veggies a day. Who could really eat that much? Juicing it is the way, and this book has the recipes. The only downside is there's only 100 recipes in this book so there has to be a continuation in the makings, or I need to find it if it's published. 0 of 0 people found the following review helpful. great book with simple recipes! By Jeremy L. Bowling I own a few juice books and this is easily the best of the best. All the ingredients are realistic and obtained easily. (The other two juice books I own ask for outlandish ingredient like spiked nettle.....) Not only are the ingredients easy to obtain at any grocery store, all the recipes are very easy to put together and make. Another thing I love about the book is that the juices are divided into sub categories such as "detoxifiers", "weight shifters", "energy boosters", etc. All the juices have simple, easy to follow recipes, and the pictures and coloring is great. Also a very small, but neat addition is that the book cover extends out and can act as a bookmark.

Did you know that apple juice boosts brain function? Or that wheatgrass can remove toxins from the body? Fresh fruit and vegetable juices are packed full of vitamins, minerals, and loads of beneficial phytonutrients that help the body heal itself and prevent or lessen the severity of many common illnesses. And there's never been a more accessible guide to juice than this; it covers everything from the juices of commonly found fruits and garden vegetables to that of exotic fruits from around the world. In addition to color photographs, there are nutritional analyses and lots of suggestions for squeezing and blending healthful juices at home, along with clever preparation methods that ensure the juices deliver the most benefits they can.

About the Author Sarah Owen is an acclaimed health journalist who writes for several national women's magazines in the UK including Sunday Times, Cosmopolitan, Woman Home and Easy Living.